

## FITNESS NEWS

10 / 15 / 24

# FITNESS OPEN HOUSE

## NOVEMBER 4<sup>TH</sup> - 8<sup>TH</sup>

- Free class demonstrations
- Meet & Greet the Instructors, Personal Trainers, & Massage Therapists
- Equipment demonstration
- Fitness Center Tours
- Free Educational Seminars:
  - Reiki.
  - How to use the Sun City App & Website.
  - How to register for classes.
- Free Chair Massage and More!



**FITNESS OPEN HOUSE 2024**  
November 4th thru November 8th

**COMING SOON**  
*Stay Tuned*

**Equipment Demos**  
**Fitness Centers Tours**  
**Educational Seminars**

**Free Class Demos**  
**Meet and Greet**  
**Instructors**  
**Personal Trainers**  
**Massage Therapists**

**Free Chair Massage**

**25<sup>th</sup> Anniversary**  
1999 - 2024  
Living Your Best Life

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10 / 15 / 24



THIS IS A 3-MILE WALK LEAVING FROM AND RETURNING TO PRAIRIE LODGE. GROUP PHOTO TAKEN PRIOR TO WALK. WALK IS LED BY FITNESS INSTRUCTOR, BARB DVORAK. INCLUDES A GROUP WARM-UP.

## FITNESS EQUIPMENT DEMONSTRATION

Learn how to properly use the fitness equipment by watching one of our Fitness Team demonstrate and explain the equipment. MVL= Meadow View Lodge and PL= Prairie Lodge. FREE. Registration is required.

- Wednesday, October 23rd MVL fitness center with Michael at 2-3PM
- Tuesday, November 12<sup>th</sup> MVL fitness center with Val at 12-1PM
- Wednesday, November 13<sup>th</sup> PL fitness center with Barb 12-1PM



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### INDOOR CYCLING

This class provides a high-energy, intense workout that burns calories and improves cardiovascular endurance and strengthens the legs. A typical class includes hill climbs (seated and standing), sprints, jumps, and steady-state segments. Bring water and a sweat towel. Starting Monday, November 4<sup>th</sup>. **Mondays and Wednesdays at 4:30pm at MVL Studio B with Instructor Nancy Jenks. \$6**

### ADDITIONAL CLASSES ADDED TO SCHEDULE

- ***Forever Fit*** Fall Special with Nancy Jenks on Tuesdays at 9:30am for October 22<sup>nd</sup> and 29<sup>th</sup> at MVL \$4
- ***Steppin' It Up*** Fall Special with Nancy Jenks on Fridays at 9:30am for October 25<sup>th</sup> and November 1<sup>st</sup> at MVL \$4.

### NEW CLASS - *This & That Workout*

A combination of traditional workout movements (sit-ups, etc.) with newer methods of exercise, including dance, strength, balance, yoga, and stretching. The class is divided into three segments:

- Sitting
- Standing
- Reclined.

The sitting is a warm-up; standing is balance and strength and reclined is stretching which is done on the floor.

Chairs are utilized for both the warm-up and standing segments, as well as used to assist in getting to the floor. Props can be utilized as needed.

**FREE for the month of November! Wednesdays 11/6, 11/13, 11/20 & 11/27 from 10-10:50AM at PL fitness studio, Jeanne Silvis**

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10 / 15 / 24

### WELCOME GRECIA MORFIN! NEW MASSAGE THERAPIST.



We are excited to welcome the new massage therapist, Grecia Morfin, to our Massage Therapy Team.

Grecia will be starting Monday October 28<sup>th</sup> and offering appointments on Monday and Wednesday from 2-9 PM.

## LOOKING AHEAD . ...

***Holiday Calm*** - Staying calm during the busy holiday season is always a



challenge. This fully rounded workshop starts with addressing what triggers stress, how to manage stress and how to move to calmness. We will identify easy fixes and understand how to reach for instant “calmers” which can help us relax.

This workshop will help you learn how to identify when you need to “take a break” and how to regain your balance both physically and mentally so you can better enjoy the Holiday Season. **Monday, November 16<sup>th</sup> 10-11 PM. FSE603 \$17. PLFitness Studio. Jeanne Silvis.**

## GOBBLE GOBBLE WALK and WOBBLE

**Thursday, November 21st  
10:30am**

**Join with family, friends and fellow residents  
for this Pre-Thanksgiving Walk**

**Event Code: FSE601**

**Cost: Free**

