

## FITNESS NEWS

9/13/22

### **NOTICE**

This Friday's (9/16) 9AM **AQUA BLAST** class with Barb Dvorak is going to be held outside at the MVL outdoor pool. This is necessary in order to repair a leaky pipe in the women's locker room at Prairie Lodge.

- **SUNSET STROLL - FREE**

Join us for a beautiful evening of activity and an opportunity to socialize with friends and neighbors as we walk around Wildflower Lake and enjoy a sunset. **Meet at Wildflower Lake at 6:30PM on Tuesday September 13<sup>th</sup> & Wednesday September 28<sup>th</sup>**. This is a great opportunity for those of you signed up for the STEP-Tember Challenge to get some more steps in, feel free to bring your pet! **FSE302 & FSE303**



- **SIT & FIT – ‘Cider Donut Day’!**



Enjoy some refreshments and social time after participating in Barb Dvorak's Sit & Fit class on **Wednesday September 14<sup>th</sup> at 12PM**. Donuts will be provided down in the social lounge near the Reading Room. \$4, FL5837

- **WORKSHOP**

### **“TAI CHI FOR BETTER HEALTH”**

Master Tai Chi Instructor Allison Deputy is returning to Sun City in September offering beginner and advanced level Tai Chi classes! Allison kicks things off on Wednesday, September 14th @ PL fitness studio with her workshop “Tai Chi for Better Health”.

Tai Chi gently works you head to toe, facilitating better brain and body connection. Learn how Tai Chi improves balance, coordination, cardiovascular and respiratory health, bone density, digestion, sleep, and reduces chronic pain, anxiety, and depression. Please wear loose, comfortable clothing and flat-soled shoes.

**2-3PM, \$12, PL fitness studio FSE300**



## WORKSHOP

### THE CHAKRAS

Have you ever had an ache that your doctor cannot diagnose? Or just felt “off” - not yourself? All too frequently when we feel this way, we are literally “out of balance”.

Our Chakra system carries energy throughout our bodies; if this system is not in shape or experiencing some blockage this can impede the flow of energy. The result: we simply don’t feel well.

Come learn about the Chakra system: what it is, how it works, how it affects you and what you can do to help your Chakras stay in shape.

**\$15, FSE298, PL Fitness Studio, Jeanne Silvis**

- **Splashin' With The Oldies PLUS**

Enjoy a complimentary continental breakfast after your water workout with Jen on Tuesday September 27<sup>th</sup> after 9AM class at MVL outdoor pool. (Weather dependent.) \$4, **FL5953**



### REMINDER

This is a friendly reminder that when attending a fitness class, please be sure to sign up for the class **prior** to attending!

Not signing up for class and attending class causes confusion for instructors who reference the attendance list prior to class starting.

### FREE - Water Volleyball

**Join the fun!** Water Volleyball is open to all residents, no registration required. Show up and sign your name to the roster. Held at the Prairie Lodge indoor pool on Monday and Wednesday at 6:30PM, Fridays at 5PM and Sundays at 10AM.

- **FREE**

**EQUIPMENT DEMONSTRATION -**

Join Fitness Coordinator Kelly Bertrand on Thursday September 22<sup>nd</sup> from 1:15-2:15PM at the MVL fitness center for a demonstration of how to properly use the Tru Stretch station. No registration required.



- **FREE**

**'Fitness Talk with Kelly'**

Please join Kelly on Wednesday 9/14 in the PL Fitness Studio to learn about our ***Streaming Fitness*** program. Class is from 1-1:50pm. No registration required.

- **NEW PERSONAL TRAINERS**



Chase Beck and Alex Vasileski have joined the personal training staff at Sun City. They are available by appointment. Please inquire at any fitness desk to pick up the required paperwork.