

FITNESS PROGRAMS

LOW IMPACT AEROBICS W/ NANCY SWAIN

M-W-F 8:30 AM - 9:30 AM

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

NON-IMPACT AEROBICS W/ HANNAH JUDY GRETZ

WEDNESDAYS & FRIDAYS 10:00 AM - 11:00 AM

Non-Impact Aerobics (NIA) is intentional dance that comprises 52 moves designed to exercise the joints, and promote flexibility, agility, and stability. NIA combines nine movement forms, three each from Healing Arts, Martial Arts & Dance Arts. All movements can be done at three levels: close to the body, medium range or as big & athletic as you want.

YOGA W/ BARBARA RIVES

TUESDAYS & THURSDAYS - 9:00 AM - 10:00 AM IN THE BUILDING

FRIDAYS - 10:00 AM VIA ZOOM

Join Barbara as she assists beginners and continuing students with yoga instruction. Please wear comfortable clothing.

TAI CHI W/ NANCY RAPPAPORT

THURSDAYS 10:15 AM - 11:00 AM

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with increased flexibility, balance and well-being.

