

# Tallahassee Senior Center Fitness Classes on WCOT

## Monday, Wednesday, Friday & Saturday at 9 am

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.*

*To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/cotnews/wcot.aspx) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.*

### **Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

This dynamic, yet gentle, yoga-based fitness class uses music and motion to help enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and lots of fun. You will need a chair and some water.

### **Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**

This gentle yoga class includes both standing and mat poses for balance, but using a chair is an option. Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation, which we all need right now! Wear comfy clothes, have yoga mat handy.

### **Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

Brain-Body-Balance is an active-aging, fall prevention program specifically created to be fun while reversing many types of aging. The curriculum fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair and water on hand.

Equipment will be items you have at home.

### **Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**

This new class will help you stay strong, flexible, and mobile through gentle yoga-like movement. The safe stretching routines serve to maintain joint mobility and muscle flexibility. Some classes use a in chair, others a mat, but viewers can move between.

*The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.*

*TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahasseeseniorfoundation.org](http://www.tallahasseeseniorfoundation.org) or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*

