Tai Chi Chuan

Tai Chi, also called "Meditation in Movement", is a soft and slow way of movements that can be practiced by people of all ages. Benefits of this exercise include stress reduction, better focus and concentration, increased flexibility, improved strength, enhanced memory, improved circulation, and increased coordination.

Instructor: Gus Poletti
Session I: 1/28-2/18
Session II: 2/25-3/18
Session III: 3/25-4/15
Session IV: 4/22-5/13
Time: Fridays 10-11am
Fee: $45 / 4 week session
Age: All Ages
Class Limit: 4-25

Healing Yoga

Renew, strengthen, and heal your body. Feel centered and focused. Healing Yoga provides an approachable style of yoga for everyone. While honoring the ancient practice of Hatha yoga, Healing Yoga incorporates modern fitness and safety guidelines. Yoga poses are shown with multiple modifications so everyone will feel successful. Come enjoy yoga in a nurturing environment.

Instructor: Ann Wade AFAA, YogaFit trained, BA
Dates: Mondays Ongoing (no class on holidays)
Time: 5-6pm
Fee: $8 per class with 10 punch card purchase ($80) or $10 drop in fee
Age: 13 and up
Class Limit: 10-25

County Television Network Presents: Feeling Fit Club

This hour long show is a functional fitness class for seniors. It focuses on balance, strength, and flexibility exercises. There is a featured nutritional component at the end of each segment. For more information or for our location nearest you, please call 1-800-510-2020.
Monday through Friday 8-9 am and 1-2pm
CTN Channels: Cox Communications, channel 19 or 24
Time Warner, channel 22, Adelphia, channel 66

Chair Exercise Class

Fun & lively seated exercise class for ambulatory adults, moving to the music of the 1940's and 1950's. Includes slower paced warm-up, progressing to slightly faster aerobic conditioning, and incorporating functional strength moves with optional hand-held weights, plus flexibility and balance. Feel free to sing-along as we swing along to the beat! Wheel-chair users welcome!

Instructor: Sandra Buckingham
Session I: 2/1-2/24
Session II: 3/1-3/24
Session III: 3/29-4/21
Session IV: 4/26-5/19
Time: 10:30-11:10am Tuesdays and Thursdays
Fee: $35 / 4 week session or $5 per class
Age: Adults/Seniors
Class Limit: 4-20