

WINTER FITNESS

ANDOVER • ELDER SERVICES



This year our Fall Fitness Session will run for 8 weeks at **\$25 per 8-week class**. Classes will run from November 15 to January 21.

Registration opens October 27th. There are three ways to register:

1. In-person at the Robb Center
2. Online at <https://andoverma.gov/227/Elder-Services> by filling out the Fitness Registration Form
3. Over the phone by calling 978-623-8320

In-person registration day is October 27 from 9am-2pm at the Robb Center

Payment for classes will open once classes meet minimum capacity.

Registration for classes will end November 12. At least 12 people must register for the class or else the class will be cancelled.

Classes:

Men & Women in Motion with Tracy: *Mondays at 8:15am.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention. *In-Person Only.*

Strength & Stretch with Tracy: *Mondays at 9:15am.* An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class.*

Sit and Get Fit with Tracy: *Mondays at 11:00am.* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class.*

Advanced Yoga for Beginners with Patricia: *Mondays at 2:00pm.* This is for students with some yoga experience, but is gentle. You can use a chair to assist you and/or the floor for sitting and lying down for stretching and final meditation. This is a flowing yoga which moves from standing warrior poses to chair or floor. *Hybrid Class.*

Contact Information

978-623-8320

<https://andoverma.gov/227/Elder-Services>

Email Kelly with questions:
Kelly.mackay@andoverma.us

Taiji (Tai Chi) for Health with Meg Continuing: *Tuesdays at 9:15am.* Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. This course is for students who have already participated in the beginner course and want to learn more. It utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help those, who have been learning taiji (tai chi), to continue developing their practice. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class. Class will run from November 9 through December 28 with no breaks.*

Taiji (Tai Chi) for Health with Meg Beginners: *Tuesdays at 10:30am.* Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. Participate in Meg Holmes' course and discover why taiji (tai chi) is often called moving medication and moving meditation. This course utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help seniors develop a regular regime for wellness and health. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class. Class will run from November 9 through December 28 with no breaks.*

Cardio & Strength with Andrea: *Tuesdays at 1:00pm.* Join us for a low-impact, full body workout! This is a low impact class designed to include a cardio segment followed by a strength segment. A variety of exercises will be used. Join the fun that will combine cardio and strength for a great workout! *In-Person Only.*

Men & Women in Motion with Denise: *Wednesdays at 8:15am.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention. *In-Person Only.*

Strength & Stretch with Denise: *Wednesdays at 9:15am.* An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class.*

Sit and Get Fit with Denise: *Wednesdays at 10:15am.* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class.*

Energize & Rejuvenate with Pat: *Wednesdays at 11:00am.* This class will incorporate three exercise components. # 1 heart healthy cardio, #2 muscle shaping, #3 stretching and body alignment with progressive relaxation to end the class. *Hybrid Class.*

Line Dancing with Val: *Thursdays at 9:15am.* Learn simple but easy to follow dance moves to a variety of music. Class will incorporate up to 30 minutes of dance/cardio and finish with 15 minutes of muscle conditioning. A great class for all levels and for all that love to move! *In-Person Only.*

Strength & Cardio with Tracy: *Thursdays at 9:30am.* A fun energizing total body class that focuses on low impact cardio and muscle strengthening exercises. Improves functional movement and balance for everyday life activities. *Zoom only.*

Gentle Therapeutic Yoga with Pat: *Thursdays at 10:45am.* A sitting and/or standing approach to strengthening the body improving posture and balance with soothing music and gentle stretches to help attain harmony through mind and body connections. *Hybrid.*

Strength Training with Barb: *Fridays at 8:30am.* Concentrates on toning muscles, building endurance, and improving balance by using free weights, bands, and balls. We warm up and stretch at the start of class and end with a cool down and more stretching. *Hybrid.*

Introduction to Move & Groove with Lourdes: *Fridays at 9:30am.* This is a fun dance fitness class created by Lourdes Oramas, over 20 years ago in Miami. It is a spicy fusion of upbeat cardio fitness and dance styles influenced by American music and international cultures. This mix of low impact but high energy workout is an exciting experience for all fitness levels. Overall great workout from head to toe! *In-Person Only.*

Pilates Fundamentals with Lourdes: *Fridays at 9:30am.* Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. *In-Person Only.*

Free Special Offerings:

Introduction to Move & Groove trial class: November 5 at 9:30am. This is a fun dance fitness class created by Lourdes Oramas, over 20 years ago in Miami. It is a spicy fusion of upbeat cardio fitness and dance styles influenced by American music and international cultures. This mix of low impact but high energy workout is an exciting experience for all fitness levels. Overall great workout from head to toe!

Balance Class with Sophia: Maintaining balance and stability is key, especially as we age. Continuing to work on balance on a regular basis will decrease risk of falls, increase proprioception (knowing where you are in space), and decrease the risk of injury, especially in the lower extremities.

Join Sophia for a three-week mini-series,
Wednesday, **November 17th:** 1 PM
Wednesday, **December 1st:** 1 PM
Wednesday, **December 8th:** 1 PM

**The 2021 Participation Waiver is required for ALL individuals participating in any Andover Elder Services Fitness Program. This waiver must be filled out annually. You may fill out your waiver on our website (<https://andoverma.gov/227/Elder-Services>) or in-person at the Robb Center.*

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 11:00am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Continuing Taiji with Meg	Tuesdays at 9:15am	Hybrid
Beginning Taiji with Meg	Tuesdays at 10:30am	Hybrid
Cardio & Strength with Andrea	Tuesdays at 1:00pm	In-Person Only
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-Person Only
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
Line Dancing with Val	Thursdays at 9:15am	In-Person Only
Strength & Cardio with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only

Winter Session 1 November 15 - January 21
 No Classes November 25 & 26. Dec 24- January 2 off for winter break. Thursday and Friday Classes end January 21

NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
										1	2	3	4							1
7	8	9	10	X	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	X	X	27	19	20	21	22	23	X	25	16	X	18	19	20	21	22
28	29	30					26	27	28	29	30	31								