

ANDOVER ELDER SERVICES

SUMMER FITNESS 2022



This year the Summer Fitness Session will run for 8 weeks at **\$25 per 8-week class**. Classes will run from May 31 to July 22. No classes on July 4

Registration opens May 16 for **Andover residents**. Everyone else can register starting on May 18. Early registration forms will not be accepted. There are three ways to register:

1. **Online** at <https://andoverma.gov/227/Elder-Services>
2. **Over the phone** by calling 978-623-8320
3. **In-person** at the Robb Center: Registration days will be May 16th 9am-2pm for Andover residents and May 18th 9am-2pm for non-Andover residents.

*Payment for classes will open once classes meet minimum capacity.

*Registration for classes will end May 27. At least 12 people must register for the class or else the class will be cancelled.

*Everyone participating in fitness must sign a 2022 participation waiver.

Classes:

Men & Women in Motion: *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. No class on July 4. Monday Classes go until July 25.*

Strength & Stretch: *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. No class on July 4. Monday classes run through July 25.*

Sit and Get Fit: *Mondays 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. No class on July 4. Monday classes run through July 25.*

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. No class on July 4. Monday classes run through July 25.*

Men's Fitness with Denise: *Tuesdays at 8:30am.* Focus on building your strength, balance, endurance, flexibility and coordination in this class designed just for men. Each class is limited

in size to allow for individualized attention and measurable gains. This class is primarily in the fitness room. *In-Person Only.*

Women's Fitness with Denise: *Tuesdays at 9:30am.* Focus on building your strength, balance, endurance, flexibility and coordination in this class designed just for women. Each class is limited in size to allow for individualized attention and measurable gains. This class is primarily in the fitness room. *In-Person Only.*

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. 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, and #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.*

Yoga for Older Guys & Gals with Ben: *Thursdays at 4:00pm.* We often start in a chair with focused breathing, move into gentle dynamic stretches, flowing into a series of dynamic/active yoga poses, ending with meditative breath work. This class came about from seeing, in the Yoga

for Older Guys class, active men with accumulated injuries finding renewed flexibility, strength, balance and focus. This class is open to anyone, at any level. In-person only

Align & Flow with Andrea: *Thursdays at 5:30pm.* Classes are open to students of all levels and offer accessible alignment principles from which students can explore their creative potential, heal and transform. These classes are taught with music. Please bring your own yoga mat. *In-Person Only.*

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. This class will run from June 10 until July 29.*

Pilates Fundamentals with Lourdes: *Fridays at 10:30am.* Pilates Fundamentals is inspired by the Method of Physical and Mental conditioning focused on 6 principles: Concentration, control, center, flow, precision and breathing. Pilates is suitable for men and women in a very wide range of physical conditions because it is a low impact workout. It also embraces precise movements to improve our lifestyles and to recharge our daily wellness routines. The Pilates fitness method is designed to advance stretching, strengthening and body alignment. *In-Person Only. This class will run from June 10 until July 29.*

**The 2022 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	Mondays at 8:15am	In-Person Only
Strength & Stretch	Mondays at 9:15am	Hybrid
Sit & Get Fit	Mondays at 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Women's Fitness with Denise	Tuesdays at 8:30am	In-Person Only
Men's Fitness with Denise	Tuesdays at 9:30am	In-Person Only
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
Yoga for Older Guys & Gals with Ben	Thursday at 4:00pm	In-person Only
Align & Flow with Andrea	Thursday at 5:30pm	In-person Only
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