

ANDOVER ELDER SERVICES

WINTER FITNESS 2022/ 2023



This year, the Winter Fitness Session will run for 8 weeks for **\$25 per 8-week class**. Classes will run from November 14 through January 13

Registration opens October 31 at **8am for Andover residents**. Non-Andover residents can register starting on **November 2 at 8am**. **Early registration forms will not be accepted (this applies to online registration as well)**. 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

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

*Registration for classes will end November 10. At least 12 people must register for the class or the class will be cancelled.

*Everyone participating in fitness must sign a **2023** participation waiver.

*Classes that are "Hybrid" are both in-person and on zoom.

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 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*.

Advanced Yoga for Beginners with Pat: *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*.

MELT Method Hand & Foot Treatment with Tammy: *Tuesdays at 8:45am*. By stimulating the hands and feet using soft and firm balls, these quick self-treatments can help you alleviate common painful symptoms in just minutes a day. Over 8 weeks discover how to alleviate pain and tension in your hands, feet, back, and neck. See how you can receive relief from plantar

fasciitis, bunions, and neuromas; learn how to relieve pain from arthritis, carpal tunnel syndrome, and trigger finger. Please bring a bottle of water with you to class. *In-Person Only*

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.*

Taiji (Tai Chi) for Health with Meg: *Tuesdays at 9:15am.* Taiji (Tai Chi) is a Chinese martial art that has been recognized as a mind/body practice promoting health and wellness. It is often described as moving medication and moving meditation. This course is for both new students and those with taiji experience. The emphasis is on the movements of the Yang Style 24 Form. *In-Person Only.*

Senior Fit with Andrea: *Tuesdays at 11:15am.* The focus of this class is on core strength & balance. This class will consist of low impact cardio, core strength moves using weights or bands, and balance exercises for stability. Class will consist of 20 minutes of cardio, 25 minutes of strength & balance, and a 5-minute cool down and stretch. Both standing and floor moves will be included. You must be able to go from standing to the floor and back up again. Please bring a floor mat to class. *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.*

MELT Method Soft Foam Roller Class with Tammy: *Wednesdays at 1:00pm.* The MELT Soft Foam Roller rehydrates the tissues of your body for greater mobility and ease of motion. MELT Soft Foam Roller techniques gently rebalance your nervous system, promote healing, reduce inflammation, improve core stability, mobilize joints, increase flexibility, and much more. As you improve your Body Sense over 8 weeks, you will notice the changes as your body finds greater alignment and balance. This class is done on the floor. A requirement is that you are able to get up and down from the floor. Please bring a yoga mat and bottle of water with you to class. *In-person only*

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.*

Beginning Luigi Jazz Technique with Susan: *Thursdays at 1:00pm.* Come join us for our Luigi dance class and learn the first classical jazz technique! The Luigi Technique utilizes anatomically sound principles which stretch and strengthen the body while focusing on alignment, balance and ease of movement. The style is gentle on the body and appropriate for all ages and skill levels. Luigi's famous motto is: Never Stop Moving! Instructor Susan Cancro studied with Luigi himself in New York City and holds an MFA in dance from NYU's Tisch School of the Arts. *In-Person Only*

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. *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.*

Nordic Walking with Denise: *Fridays at 10:00am.* Nordic pole walking combines an upper-body strength workout with a cardiovascular workout, engaging 90% of your body's muscles making your walk into a total body workout! Learn to use these specially designed poles to improve your posture, put less stress on your lower body joints, improve flexibility and burn more calories. Nordic Walking poles are available from the Robb Center (first come, first served). This class will be held in the Youth center during inclement weather. *In-person only*

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.*

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 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
MELT Method with Tammy	Tuesdays at 8:45am	In-Person Only
Men's Fitness with Denise	Tuesdays at 8:30am	In-Person Only
Women's Fitness with Denise	Tuesdays at 9:30am	In-Person Only
Taiji for Health with Meg	Tuesdays at 9:15am	In-Person Only
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Men & Women in Motion with Denise	Wednesdays at 8:15am	In-Person Only
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Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
MELT Method Roller Ball with Tammy	Wednesdays at 1:00pm	In-Person Only
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
Beginning Luigi Jazz Technique with Susan	Thursdays at 1:00pm	In-Person Only
Yoga for Older Guys & Gals with Ben	Thursday at 4:00pm	Hybrid
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Nordic Walking with Denise	Friday 10:00am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only

**The 2023 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.*