



THE ROBB CENTER
ANDOVER ELDER SERVICES
Embracing Life

Andover Elder Services

SPRING FITNESS BROCHURE 2026

The Spring Fitness Session will run for 10 weeks for **\$40** per 10-week class. Classes will run from March 9 through May 15. No class on April 20.

Registration opens Wednesday, February 25 at 1pm for Andover residents. Non-Andover residents can register starting on February 27 at 1pm. Early registration forms will not be accepted.

REGISTRATION PROCESS: Register on MyActiveCenter.com.

In-person registration is still accepted. Please visit the front desk to register.

- Registration for classes will end March 6. At least 12 people must register for the class or the class will be canceled.
- Classes that are “Hybrid” are both in-person and on zoom.
- We do offer a scholarship fund for those in need of assistance. Please contact Jane Burns, Director, to inquire. Donations for this fund are always welcome and appreciated.
- Instructors listed are the primary instructor for the class at the time of publication. There may be occasions when instructors are unavailable, so a qualified substitute is hired to teach the class.

*The 2026 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 Descriptions:

Monday

Men & Women in Motion: Mondays at 8:15 am. 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 April 20, make-up on May 18.

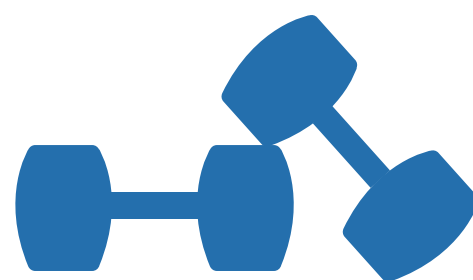
Strength & Stretch: Mondays at 9:15 am. An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. Hybrid Class. No class on April 20, make-up on May 18.

Strength Training with Andrea: Mondays at 9:30 am. Concentrates on toning muscles, building endurance, and improving balance by using free weights and bands. We warm up and stretch at the start of class and end with a cool down and more stretching. **At South Church.** No class on April 20, make-up on May 18.

Sit and Get Fit: Mondays at 10:15 am. 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 April 20, make-up on May 18.

Body, Bones & Balance with Andrea: Mondays at 10:30 am. This is an effective workout designed to increase muscle and bone strength, while incorporating balance moves. This class accommodates all fitness levels. **At South Church.** No class on April 20, make-up on May 18.

Advanced Yoga for Beginners with Pat: Mondays at 1:30 pm. 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 April 20, make-up on May 18.



Class Descriptions: Tuesday

Strength Training with Barb: Tuesdays at 8:15 am. 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. In-Person Only.

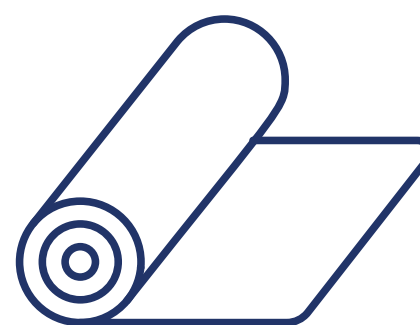
Beginning Taiji (Tai Chi) for Health with Meg: Tuesdays at 9:15 am. Taiji (Tai Chi) is a Chinese martial art that has been recognized as a mind/body practice promoting health and wellness. It is often described as moving medication and moving meditation. This course is for both new students and those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

Continuing Taiji (Tai Chi) for Health with Meg: Tuesdays at 10:15 am. 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 to continue developing their practice. Students in class have the advantage of being able to ask questions and be helped immediately. In-Person Only.

Strength & Cardio with Tracy: Tuesdays at 10:15 am. 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.

Move & Groove with Lourdes: Tuesdays at 11:30 am. 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.

Cardio & Strength with Crystal: Tuesdays at 1:00 pm. 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 us for a dynamic workout that combines 15 minutes of cardio with 15 minutes of strength training (including floor work). Please bring a floor mat to class. In-Person Only. **YMCA Sponsored Class**



Class Descriptions: Tuesday - Thursday

Refresh Relax Yoga with Soki: Tuesdays at 2:15 pm. This is a gentle & therapeutic yoga for everyone. Benefits include softening tight/stiff neck and shoulders, strengthen lower back and body, boost immune system by lymphatic circulation and improving posture. Every class will cover fundamental body alignments and variations of breathing techniques. This class does not utilize a chair. In-Person Only.

Men & Women in Motion: Wednesdays at 8:15 am. 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: Wednesdays at 9:15 am. 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: Wednesdays at 10:15 am.

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:

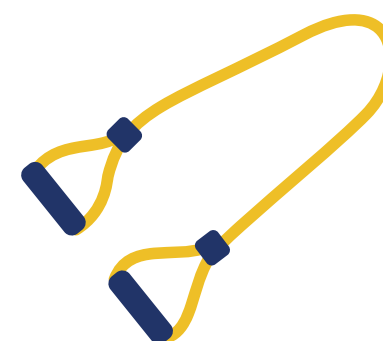
Wednesdays at 11:15 am. This class will incorporate three exercise components: #1 heart-healthy cardio, #2 muscle shaping, and #3 stretching and body alignment with progressive relaxation to end the class. Hybrid Class.

Intermediate Line Dancing with Val:

Thursdays at 8:45 am. Learn simple but easy to follow dance moves to a variety of music. A great class for all levels and for all who love to move! In-Person Only.

Advanced Line Dancing with Val:

Thursdays at 9:30 am. This class is perfect for dancers who have previously enjoyed Val's instruction. We'll build upon your existing skills with exciting new routines while continuing to dance the beloved classics. In-Person Only.



Class Descriptions:

Thursday - Friday

Gentle Therapeutic Yoga with Pat:

Thursdays at 10:45 am. 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 Class.

Body, Bones & Balance with Andrea:

Thursdays at 1:00 pm & 2:00 pm. Body, Bones & Balance is an effective workout designed to increase muscle and bone strength, while incorporating balance moves. This class accommodates all fitness levels. In-Person Only.

Soulful Flow with Sheila: Thursdays at

5:45 pm. Step into a nurturing space where movement meets stillness. This class will blend gentle flow yoga, breathwork, stretching, and guided meditation to create a soothing and balanced experience for the body, mind, and spirit. Perfect for anyone seeking a peaceful reset. *Previous yoga experience is necessary as this is not a beginners class.* In-Person Only.

Strength Training with Barb: Fridays at

8:30 am. 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.

Move & Groove with Lourdes: Fridays at

9:30 am. 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.

Breathe, Balance & Flexibility with Ben:

Fridays at 10:00 am. This is a standing and chair based dynamic gentle yoga that will focus on breathing. No mat required. This class will be held in the Lifelong Learning Room. In-Person Only.

Pilates Fundamentals with Lourdes:

Fridays at 10:30 am. 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. The Pilates fitness method is designed to advance stretching, strengthening and body alignment. In-Person Only.

Class	Day & Time	Location
Men & Women in Motion	Mondays at 8:15am	In-Person Only
Strength & Stretch	Mondays at 9:15am	Hybrid
Strength Training with Andrea	Mondays at 9:30am	South Church
Sit & Get Fit	Mondays at 10:15am	Hybrid
Body, Bones and Balance with Andrea	Mondays at 10:30am	South Church
Advanced Yoga for Beginners with Pat	Mondays at 1:30pm	Hybrid
Strength Training with Barb	Tuesdays at 8:15am	In-Person Only
Beginning Taiji with Meg	Tuesdays at 9:15am	In-Person Only
Continuing Taiji with Meg	Tuesdays at 10:15am	In-Person Only
Strength & Cardio with Tracy	Tuesdays at 10:15am	Zoom Only
Move and Groove with Lourdes	Tuesdays at 11:30am	In-Person Only
Cardio and Strength with Crystal	Tuesdays at 1:00pm	In-Person Only
Refresh Relax Yoga with Soki— RETURNING	Tuesdays at 2:15pm	In-Person
Men & Women in Motion	Wednesdays at 8:15am	In-Person Only
Strength & Stretch	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:15am	Hybrid
Intermediate Line Dancing with Val	Thursdays at 8:45am	In-Person Only
Advanced Line Dancing with Val	Thursdays at 9:30am	In-Person Only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Body, Bones & Balance with Andrea	Thursdays at 1:00pm & 2:00pm	In-Person Only
Soulful Flow with Sheila	Thursdays at 5:45pm	In-Person Only
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Breathe, Balance & Flexibility with Ben	Fridays at 10:00am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only

1:1 Fitness with Denise: Tuesdays 8:30am or 9:30am. \$50 for an hour- Experience the personalized attention, safety and effectiveness of a 1:1 exercise training session with Denise Boucher. Sign up individually or as a couple (any couple). These sessions will be held in the fitness room. Registration required by the Monday before at 1:00pm. Register on myactivecenter.com or by calling 978-623-8320.



