

# WINTER FITNESS

## ANDOVER • ELDER SERVICES

Indoor and Outdoor Fitness Classes have limited spots, sign up during pre-registration to reserve your seat!

Winter Fitness session will run for 8 weeks at a flat rate of **\$25**. Classes will begin on November 30th and end on January 29th. Winter Break runs from December 24<sup>th</sup> through January 1<sup>st</sup>. Thursday and Friday classes will run until February 5<sup>th</sup>.

**Register in-person on November 12<sup>th</sup> or November 19<sup>th</sup> at 23 Clark Rd between 10am-1pm.** Masks required. We will have a registration tent. **Cash, Check or COVID Credit Preferred.**

Or register going to our website and filling out a Docusign. We will call you for payment.

Registration for classes will end November 25<sup>th</sup>. At least 12 people must register for the class or it will be cancelled.

### Hybrid Classes: in-person at 23 Clark Rd and on Zoom

**Line Dancing with Val:** *Thursdays at 8:30am.* Love to dance? This class is for you! Dances are geared for beginner to intermediate level. A great way to get some exercise and meet new people. Routines are reviewed each week with new routines being added as we progress.

**Tai Chi and Qigong for Health with Meg Holmes:** *Tuesdays at 8:30am.* Participate in Meg Holmes' new course and discover why taiji (tai chi) and qigong are often called moving medication. Geared for the Covid-19 times we are living in, this course combines both taiji, noted for improving balance, and qigong, noted for breathing, to help seniors develop a regular regime for wellness and health. To take advantage of the Zoom format, the emphasis will be on movements and exercises that can be done in a small space rather than the sequence of the Yang style 24 form. Previous students, come enhance and improve your taiji practice. Everyone, come learn something new!

### Contact Information

23 Clark Rd  
Andover, MA  
978-623-8320

Email Kelly or Caren with questions:

[Kelly.mackay@andoverma.us](mailto:Kelly.mackay@andoverma.us)  
[Caren.connor@andoverma.us](mailto:Caren.connor@andoverma.us)

## Zoom Classes: No maximum participants.

**Cardio Dance with Doreen:** *Mondays at 8:30am.* Cardio dance is a FUN, 45-minute full body workout, offering easy to follow steps, to shape and tone your muscles. Shake it up dancing to a variety of music- pop, oldies, country, and rock 'n' roll! All fitness levels welcome and no dance experience necessary.

**Strength & Cardio with Tracy:** *Tuesdays at 10:00am.* 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.

**Strength & Stretch with Tracy:** *Wednesdays at 10:00am.* 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.

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**Strength Training with Barbara:** *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.

## Indoor Classes at 23 Clark Rd. - 12 Maximum Participants.

**Advanced Yoga for Beginners with Patricia:** *Mondays at 1:30pm.* 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. This is a fun & casual class.

**Sit and Get Fit with Denise:** *Tuesdays at 1:30pm.* 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!

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## Outdoor Classes Meeting at Town Hall Lawn - 24 Maximum Participants.

**Nordic Walking with Denise:** *Mondays 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.

This class is appropriate for anyone who is able to walk, even short distances. If you are unsure if this is the right class for you please call the instructor...Denise Boucher 508-265-3093. This class we be held only when the weather permits. There will be no make-up classes. Nordic Walking poles are available to rent from the Senior Center.