

WINTER FITNESS II

ANDOVER • ELDER SERVICES

This year our Winter Fitness Session II will run for 8 weeks at a flat rate of **\$25**. Classes will run from February 16 to April 9. Monday classes will only be 7 weeks instead of 8, due to President's Day.

Register online only. Fill out a Docusign form found on our website and pay over the phone, by mailing a check, or dropping a check off in the drop box outside of town hall. Please write Andover Elder Services on the envelope.

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

Currently all Hybrid classes are remote only. If you sign up for a hybrid class and check off

- I am signing up with the understanding that, my class is a hybrid of in-person and on Zoom and could go completely remote at any time

on the Docusign, you will be able to come in-person to class when restrictions are lifted.

Contact Information

23 Clark Rd
Andover, MA
978-623-8320

Email Kelly or Caren with questions:

Kelly.mackay@andoverma.us
Caren.connor@andoverma.us

Hybrid Classes: in-person at 23 Clark Rd and on Zoom. 10 Maximum Participants In-Person. No Maximum Participants on Zoom.

These classes are currently only on Zoom until restrictions are lifted.

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.

Tai Chi and Qigong for Health with Meg: *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!

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!

Line Dancing with Val: *Thursdays at 8:45am.* 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.

Zoom Only 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. On Monday, January 18th there will not be a class.

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.

Strength & Cardio with Tracy: *Thursdays 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 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.

Outdoor Classes Meeting at Town Hall Lawn – 23 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.