

MINI-SESSION FITNESS

ANDOVER • ELDER SERVICES



This year our August Mini-Session will run for 3 weeks at **\$10 per 3-week class**. Classes will run from August 16 to September 3.

Registration opens August 2nd. There are three ways to register:

1. In-person at the Robb Center
2. Online at <https://andoverma.gov/227/Elder-Services> by filling out the Fitness Registration Form
3. Over the phone by calling 978-623-8320

In-person registration day is September 1 from 9am-2pm at the Robb Center

Payment for classes will open once classes meet minimum capacity.

Registration for classes will end August 13. At least 12 people must register for the class or else the class will be cancelled.

In-Person at The Robb Center:

Women's Fitness Program with Alex: *Mondays & Fridays at 11:15am.* As we age, it is important to remember the baseline things that keep us healthy. Activities of daily life should be "pain" free. When exercising into our later years it is important to keep in mind our joint health. Through taking this program, help combat bone and muscle loss in this circuit style program. This is a circuit style class combining pure strength with muscle endurance. If there are any questions or concerns, start a conversation with our trainer Alex at cassella@merrimack.edu.

Energize with Exercise with Andrea: *Tuesdays at 9:30am.* Join us for a low-impact, full body workout! This is a cardio-based, low impact class designed to include a variety of exercises for most muscle groups. Join the fun that combines cardio and strength for a great workout!

Corrective Exercise & Stretching with Alex: *Wednesdays at 1:30pm.* Depending on the areas of the body that have tightness or discomfort, we can devise a corrective approach to fitness; which helps build on exercise prevention. In class we will be "disengaging" the body as well as consciously engaging in "slow tempos" designed to help "listen" to the body. Through taking class, understand your limitations and strengths in either mobility or stability. Over the course of 3 weeks learn a total body "movement prep/warm-up" aimed towards "tuning up" all areas of the body.

Men & Women in Motion with Denise: *Thursdays 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

Contact Information

978-623-8320

<https://andoverma.gov/227/Elder-Services>

Email Kelly or Caren with questions:

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to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention.

Nordic Walking with Denise: *Thursdays at 10:30am at Town Hall Lawn.* 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 to rent from the Senior Center (first come, first served). This class will be held only when the weather permits. There will be no make-up classes.

Line Dancing with Val: *Thursdays at 1:00pm.* 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.

Zumba with Val: *Thursdays at 1:45pm.* 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!

Zoom Class:

Bands & Balls 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.

In-Person at the Robb Center and on Zoom:

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.

Strength & Cardio with Tracy: *Wednesdays 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.

Sit and Get Fit with Denise: *Thursday at 9:30am.* 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.

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.

**The 2021 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.*