

# **Weekly Exercise Classes**

## Monday

\*10:15 SAIL at Deane Hill Rec. Center with Kat—kat354@tds.net

2:00 SAIL with Terri—tdgeiser@comcast.net

## Tuesday

12:00—Classic with Don, a light exercise class—spiritofthedragon01@gmail.com

1:00—Flow Yoga with Don, not on the floor—spiritofthedragon01@gmail.com

2:00—Enerchi with Don—spiritofthedragon01@gmail.com

2:45—Stability with Don—spiritofthedragon01@gmail.com

## Wednesday

\*1:15 SAIL at Deane Hill Rec. Center with Kat—kat354@tds.net

11:00 SAIL with Debbie on Zoom—dr719@hotmail.com

2:00 SAIL with Terri—tdgeiser@comcast.net

## Thursday

12:00—Classic with Don, a light exercise class—spiritofthedragon01@gmail.com

1:00—Flow Yoga with Don, not on the floor—spiritofthedragon01@gmail.com

2:00—Enerchi with Don—spiritofthedragon01@gmail.com

2:45—Stability with Don—spiritofthedragon01@gmail.com

## Friday

\*10:15 SAIL at Deane Hill Rec. Center with Kat—kat354@tds.net

10:15—Stability with Don—spiritofthedragon01@gmail.com

11:00—Circuit with Don, a moderate exercise class—  
spiritofthedragon01@gmail.com

12:15—Flow Yoga with Don—spiritofthedragon01@gmail.com

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Email the corresponding addresses for more information and to receive the Zoom link.

\*in person

## Class Descriptions

**Classic:** This is a lighter exercise class, which begins with 10 minutes of light warm ups, 1 minute of seated cardio, and 5 minutes of seated stretching. There are 10 minutes of weights, 5 minutes of resistance tube, and 5 minutes with a ball. The remainder is a cool down and stretch period.

**Stability:** This 30 minute class improves balance, strengthens joints, and includes fall prevention drills.

Although this is a Silver Sneakers class, it is open to everyone, regardless of age. The only equipment required is a sturdy chair. This is a “follow me” class and requires no experience.

**Flow Yoga:** This class starts out with seated stretching and 2 seated yoga movements. We then go to standing yoga movements, holding on to the chair if necessary. This is called flow yoga, since the yoga forms are moving and mostly not holding for long periods. This is entirely standing or sitting.

**Enerchi:** This is a highly modified style of Yang and Sun Tai chi moves. It’s “follow me” type class, so nothing to remember. It is a very low impact class of controlled and gentle movements.

**Circuit:** This class starts with 10 minutes of warm ups, and then 5 minutes of moderate cardio. Then 10 minutes of weights, 5 minutes of cardio, 5 minutes of resistance tube, 5 minutes of cardio, and then light exercise with a ball. The remainder of the class is cool down and stretching.

**SAIL:** Stay Active and Independent for Life. This proven Falls Prevention program improves balance, strength, and fitness through exercise from a standing or seated position. It includes aerobics, strength training, balance, and flexibility exercises.