

# Fitness Schedule



**September 6 – October 28**

## **BARRE - Onsite**

**Wednesdays, 9:30 – 10:15 AM**

**September 7 – October 19**

**Instructor: Shelia Earle**

**OR**

**Thursdays, 10 – 10:45 AM**

**September 8 – October 27**

**Instructor: Melissa Stout**

Barre is a full body toning class with low impact, standing leg and core work. The perfect class for relatively active seniors. Modifications can be made for every pose. Weights are provided but you can bring your own if desired.

**\$32 Members / \$42 Non-members**

## **Yoga - Onsite**

**Tuesdays, 12:30 – 1:45 PM**

**September 6 – October 25**

**OR**

**Fridays, 12:30 – 1:45 PM**

**September 9 – October 28**

**Instructor: Christine Peckels**

This very gentle introduction to Yoga welcomes you to explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses. Yoga can also help minimize severity of physical symptoms such as sleep disturbance, pain, and an inability to concentrate.

**\$48 Members / \$58 Non-Members**

## **Body Rebound - Onsite**

**Monday-Wednesday-Friday, 9:15 – 10:15 AM**

**September 7 – October 28**

**Instructor: Debbie Snell**

This low impact movement class deals with stretching and chair exercises designed for those who want to stay flexible and increase muscle strength.

**\$42 Members / \$52 Non-members**

**Call to register:**

**PORTAGE COMMUNITY SENIOR CENTER**

(269) 329-4555

203 E. Centre Portage, MI 49002

## **Chair Yoga – Onsite**

**Mondays, 8:45 – 9:45 AM**

**September 12 – October 17**

**Instructor: Shelia Earle**

**OR**

**Chair Yoga - Virtual via Zoom**

**Mondays, 10 – 11 AM**

**September 12 – October 24**

**Instructor: Melissa Stout**

Learn a gentle form of yoga while sitting in a chair. Benefits include improved flexibility, strength, and concentration. Yoga can also boost your mood, promote a healthy immune system and reduce stress. Chair yoga will work with all planes of motion, promoting a healthy spine and increasing range of motion. Weights are provided for onsite class, but you can bring your own if desired. You will want to have weights/cans of soup available for the virtual option.

**\$32 Members / \$42 Non-members**

## **Lifetime Enhance Fitness - Onsite**

**Monday-Wednesday-Friday, 10:30 – 11:30 AM**

**September 7 – October 21**

**Instructor: Shelia Earle**

This class offers a safe and effective program for seniors with a wide range of physical abilities. The class encourages maintaining a healthy lifestyle and includes strength training using hand weights, low-impact aerobics, balance, and stretching. Participant assessments are included to show progress in areas of flexibility, strength and endurance.

**\$45 Members / \$55 Non-members**

## **Mindfulness in the Mornings – Onsite OR Virtual via Zoom**

**Tuesdays, 10 – 10:30 AM**

**September 13 – October 25**

**Instructor: Melissa Stout**

Each week will introduce a new theme to help manage things such as slowing down, finding gratitude, working through anxiety and self-care while learning new breathing techniques. A journaling prompt will be provided each class for personal reflective writing, with an option of interactive sharing.

**\$24 Members / \$34 Non-members**

**Silver Sneakers Classic****Mondays, 9 – 10 AM****September 12 – October 24****Instructor: Michelle Mickelson****Please call the YMCA at (269) 324 – 9622 option 4 to register**

SilverSneakers® Classic focuses on strengthening muscles and increasing range of motion (ROM) for activities of daily living (ADL). Participants will use hand weights, resistance bands/tubing with handles, and/or small SilverSneakers® balls. Chairs are used for support and are optional.

**Seated Tai Chi – Onsite****Wednesdays, 9 – 10 AM****September 7 – October 26****Instructor: Dr. Tao**

Improve your mood, reduce stress and get better sleep through Tai Chi. This slow-motion martial art also builds strength and balance and requires no prior experience. This class is all done from a seated chair.

**\$55 Members / \$65 Non - members****Standing Tai Chi – Onsite****Tuesdays, 9 – 10 AM****September 6 – October 25 (No class 9/27)****Instructor: Matu Kurzava**

During this class you will be taught simple Tai Chi principles including breath, posture, relaxation, and mindfulness. These techniques are easy to learn, easy to apply and need no special knowledge.

**\$55 Members / \$65 Non – members****Women’s Self-Defense – Onsite****Wednesdays, 11 – 12 PM****September 7 – October 26****Instructor: Steve Cormier**

This class is intended to raise the consciousness of self-awareness in all surroundings. Along with the ability to mentally and physically defend oneself so that women can be prepared for situations that may potentially be dangerous. These classes will help build self-esteem, self-confidence and self-defense techniques using proven basic common-sense fighting skills.

**\$30 Members / \$40 Non-members****Try a Fitness Class**

Are you wondering which fitness class is best for you? Call the PCSC to register if you want to try any of our classes one time for no charge. You must check in with the receptionist upon your arrival. \*This does not apply to Lifetime Enhance Fitness

**Fitness Center Access**

It is never too late to start living a healthier, active lifestyle. Our fully equipped Fitness Center features brand new equipment including a variety of aerobic, cardio and weight machines. Requires purchase of annual fitness membership (\$25) and orientation agreement.

Orientation includes a 30-minute introduction to equipment usage with our Certified Personal Trainer. Please call the PCSC at (269) 329-4555 to schedule your appointment.

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