



K E N O S H A

Senior Center

Welcome to a brighter day!

GROUP FITNESS CLASSES

Monday, Wednesday and Friday at 9am Fee: Free

Exercise *with* Jordan

This class combines safe stretching and strengthening exercises designed to increase muscular strength, range of motion and activity for daily life. Exercises are performed while seated.

Monday at 1pm Fee: \$2.00 per class

Chair Yoga *with* Janice

This class involves a series of seated and standing postures to improve balance, increase strength, lubricate joints and increase mobility. Movements are connected with breath work, to calm and focus the mind. The class ends with a quiet meditation.

Tuesday at 9:45am Fee: \$3.00 per class

Tai Chi *with* Trish

Tai Chi is a gentle Chinese martial art that involves fluid, choreographed movements. It's an effective exercise for seniors because it is low-impact and can be performed anywhere. Join this class and improve your balance, coordination, flexibility and overall quality of life.

Tuesday at 11am - Thursday at 9am Fee: \$2.00 per class Total Body Conditioning *with* Theresa

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

Wednesday at 1pm Fee: \$2.00 per class

Ageless Motion *with* Theresa

Stay active, energized, and heart-healthy with low-impact cardio class designed for seniors. Fun, upbeat workout focuses on improving cardiovascular endurance, coordination, and balance. If you're looking to maintain your active lifestyle, this class meets you with easy-to-follow movements and motivating music. All fitness levels welcome — because movement has no age limit!

Fridays at 11:00am Fee: \$2.00 per class

Cardio Drumming Class *with* Nicci

Low impact workout that helps drum off pounds and relieve stress! This fun class uses exercise balls and sticks choreographed to music. Strengthen stabilizer muscles, improve endurance and enhance overall fitness. The class is done standing but can be modified for a seated workout.

No registration is required; simply drop in! *** Starts in February ***