

# Fitness

## **Jazzercise Lite: No Hopping and No Jumping.**

Instructor: Karen Stratman

Are you looking for a way to stay in shape and remain active? Check us out! Stay youthful, workout safely, and feel good about yourself while maintaining an active lifestyle. Great music and dance oriented movements make this a fun and energetic program just right for you. Each 60-minute class includes a warm up, 30-40 minutes of moderate aerobic, strength, balance, and flexibility. Benefits include increased cardiovascular endurance, strength, flexibility, and an overall "feel good" factor that has positively affected millions of people worldwide FOR MORE THAN 40 YEARS!

Bring hand-held weights, mat, and water bottle. For more information contact the instructor at 906-8872. No class September 7, October 12, November 26, and 27.

Class Code	Location	Dates	Time	Fee
4-821KS	RLG	MWF 9/9-10/23	9:30-10:30 a.m.	\$56
5-821KS	RLG	MWF 10/26-12/11	9:30-10:30 a.m.	\$56

## **Tai Chi for Arthritis – Beginner**

Instructor: Susan Cooper

This form of the ancient discipline of Tai Chi was designed by Dr. Paul Lam and combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing, and relaxation. Regular practice can help you feel in greater control over your daily life. Tai Chi may also improve balance, muscle stamina, memory, and concentration. This class is for people of all ages and abilities. No class September 7 and 28, October 12.

Class Code	Location	Dates	Time	Fee
4-902SC	FW-108	Mon 9/14-10/19	10:45-11:45 a.m.	\$16
5-902SC	FW-108	Mon 10/26-12/7	10:45-11:45 a.m.	\$28

## **Tai Chi for Arthritis – Advanced**

Instructor: Susan Cooper

This class practices all 31 moves of Dr. Paul Lam's Tai Chi for Arthritis program. No class September 25.

Class Code	Location	Dates	Time	Fee
4-903SC	FW-108	Fri 9/11-10/23	10:45-11:45 a.m.	\$24
5-903SC	FW-108	Fri 10/30-12/11	10:45-11:45 a.m.	\$28

## **Tai Chi for Diabetes**

Instructor: Susan Cooper



Based on Sun- and Yang-style moves, Tai Chi for Diabetes is very safe, effective, and easy to learn. It is designed to help prevent and improve the management of diabetes. The relaxed breathing, mental calmness, and smooth movements of Tai Chi will help reduce stress, allow the immune system to function more efficiently, and aid in the control of diabetes.

Class Code	Location	Dates	Time	Fee
5-910SC	FW-108	Tue 10/27-12/8	6:00-7:00 p.m.	\$35