



# *New* FEELING FIT FRIDAYS

**Downtown Senior Center**

1005 "O" St., lower level

Fridays, Feb. 2 to Feb. 23

10:30 to 11:15 a.m.

*Free and open to the public!*

## **Friday, Feb. 2 – Refresh and Recharge**

Do you have aching muscles, stiff joints, poor balance, or are you slow to start in the morning? This body conditioning class will strengthen muscles, ease joint pain, improve balance and increase energy through a variety of simple movements, including stretching, breathing, energy work, Qigong and deep muscle exercises. Participants will begin seated, move to standing exercises and finish with seated cool-down movements. Appropriate for individuals at all levels of ability.



## **Friday, Feb. 9 – Chair Tai Chi**

This class is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

## **Friday, Feb. 16 – Chair Yoga**

This is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative uses of a chair. Poses are done while sitting or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. This class is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

## **Friday, Feb. 23 – Chair Dance**

Get fit while you sit. Chair exercises are ideal for people with arthritis or limited mobility because of knee or hip issues. This fun and upbeat class focuses on a unique combination of exercises and dance steps that isolate muscle groups and enhance flexibility.

***For information on these classes or other fitness classes, call 402-441-7575.***

*The first hour of parking is free at any downtown city garage.*

*Lunches are available by calling two days in advance.*

