



IMPORTANT NOTICE
"Please register early. Classes that do not have sufficient enrollment will be canceled."

COMMUNITY HEALTH AND FITNESS CLASSES

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Aging Partners Fitness Programs focus on injury prevention and disease. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

Our new fitness center is located at 555 S. 9th St.

The center provides exercise classes and fitness equipment Monday through Friday, 8 a.m. to 4 p.m.

There is a \$10 suggested monthly contribution for age 60 and over and a \$15 fee for people under age 60.

Certified Personal Trainer

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment.

For most classes, there is a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for people under age 60. Punch cards are available.

Preregistration required for all classes.

Health and Fitness education programs air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 1005, 1010 and 1080.

LNKTV City – 2 and 1300

LNKTV Health – 3 and 1301

LNKTV Education – 23 and 1303

Physical Fitness Programs

Exercise for a Lifetime, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance.

Health Education Programs

Staff is available to conduct 30- to 60-minute health education programs for community, church and social groups. A variety of programs have been developed relating to illness and injury prevention, physical activity, nutrition and mental wellness.

Chair Tai Chi

St. Paul United Methodist Church
1144 "M" St.

Tuesdays, 9:30 to 10:15 a.m.
Beginning Tuesday, Nov. 13

This ongoing program 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.

Fit and Strong Classes

These classes are helpful to anyone wanting to become more active and especially beneficial to people with osteoarthritis. Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a healthier, more active lifestyle without pain. The first hour of class is comprised of exercise incorporating stretching and flexibility, walking, strength training and balance exercises. The last thirty minutes are spent with health education and group problem solving. Workshop participants report the ongoing support helps them learn ways to deal with symptoms and other problems related to arthritis while incorporating lasting healthy behaviors into their lives.

◇ F Street Recreation Center, 1225 "F" St.

Tuesdays and Thursdays

1 to 2:30 p.m.

Aug. 21 through Nov. 8 (12-week session)

Nov. 13 through Feb. 12, 2019

(no class Nov. 22, Dec. 25 and Jan. 1)

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

◇ Cotner Center Condominium

1540 Cotner Blvd.

Mondays, 1 to 1:30 p.m.

Sept. 10 through Nov. 19 (no class Nov. 12)
(10-week session)

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities.

◇ F Street Community Center, 1225 "F" St.

Tuesdays and Thursdays

10:30 to 11:30 a.m.

Sept. 11 through Dec. 4

◇ Eastridge Presbyterian Church

1135 Eastridge Drive

Mondays and Thursdays

1:30 to 2:30 p.m.

Sept. 17 through Dec. 13

(no class Nov. 12 and Nov. 22)



Qigong Refresh and Recharge (New)

This ancient, meditative practice focuses on slow, gentle movements that help to relieve aching muscles and stiff joints, improve balance and flexibility, and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises.

This class is appropriate for individuals at all levels of ability.

- ◇ Auld Pavilion, 1650 Memorial Drive
Thursdays, 9:30 to 10:30 a.m.
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)
- ◇ Cotner Center Condominium
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
Mondays, 10 to 11 a.m.
Sept. 10 through Nov. 19 (no class Nov. 12)
(10-week session)

Chair Dance

This chair dance exercise class includes aerobic activity that burns calories, works the heart muscle and is appropriate for almost any level of fitness. Movements will be done seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.

- ◇ Auld Pavilion, 1650 Memorial Drive
Thursdays, 11 a.m. to noon
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)

Dynamic Movement

Each class focuses on stretching, breathing and a unique combination of dance steps and synchronized movements that isolate muscle groups, enhance flexibility, increase heart rate and improve strength.

- ◇ St. Mark's United Methodist
8550 Pioneers Blvd. (Church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)
- ◇ Auld Pavilion, 1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Sept. 18 through Nov. 27
(11-week session)
- ◇ Cotner Center Condominium
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Sept. 10 through Nov. 19 (no class Nov. 12)
(10-week session)

Chair Yoga

Chair yoga is the most gentle form of yoga available. Its unique style adapts yoga positions and poses through creative use of a chair. Poses are done while sitting or using the chair for support. Emphasis will be on breathing, balance and going at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions.

- ◇ East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
Sept. 14 through Nov. 30 (no class Nov. 23)
(11-week session)
- ◇ Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
Sept. 5 through Nov. 21
(12-week session)

Beginners 8 Form Tai Chi for Balance and Fall Prevention

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- ◇ Auld Pavilion, 1650 Memorial Drive
Tuesdays, 10:45 to 11:45 a.m.
Sept. 18 through Nov. 27
(11-week session)

