



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

The fitness center, located at 233 S. 10th St., also provides exercise classes and fitness equipment Monday through Friday, 8 a.m. to 4 p.m.

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

## Certified Personal Trainer

A certified personal trainer is available on 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 under age 60. Punch cards are available. Preregistration is required for all classes.

## — NEW, began August 1 —

Health and Fitness education programs will air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 5, 10 and 80.

LNKTV City – 2, 1300, 1005

LNKTV Health – 3, 1301, 1010

LNKTV Education – 23, 1303, 1080

## 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

Aging Partners  
Health and Fitness Center  
233 S. 10th St., Suite 101  
Tuesdays, 9:45 to 10:30 a.m.

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.

## Senior Fitness Check – Free

The Senior Fitness Check is safe and enjoyable. It is designed for people over the age of 60. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center or class.

### ◆ Downtown Senior Center

1005 "O" St., lower level  
Tuesday, Jan. 23  
9:30 to 11:30 a.m.

### ◆ Aging Partners Fitness Center

233 S. 10th St., Suite 101  
Thursday, Feb. 1  
9:30 to 11:30 a.m.

## Refresh and Recharge – New

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

### ◆ Auld Recreation Center

1650 Memorial Drive  
Tuesdays, 9:30 to 10:30 a.m.  
Jan. 16 through April 3  
(twelve-week session)  
Thursdays, 9:30 to 10:30 a.m.  
Jan. 18 through April 5  
(12-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.  
Jan. 18 through April 5  
(12-week session)

### ◆ Cotner Center Condominium

1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 2 to 3 p.m.  
Jan. 22 through April 16  
(no class Feb. 19)  
(12-week session)

## Contemporary Yoga

This renewing practice uses body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.

### ◆ Cotner Center Condominium

1540 N. Cotner Blvd., (use Cotner Blvd. entrance)  
Mondays, 9 to 10 a.m.  
Jan. 22 through April 16  
(no class Feb. 19)  
(12-week session)

## Contemporary Yoga II *(new)*

This dynamic class is based on vinyasa flows designed to increase heat and oxygen in the body. Practice will be floor-based, rather than using a chair, although chairs will be a prop from time to time. Prior yoga experience is recommended.

### ◇ Cotner Center Condominium

1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 10:30 to 11:30 a.m.  
Jan. 22 through April 16  
(no class Feb. 19)  
(12-week session)

## Chair Yoga

Chair yoga is the most gentle form of yoga available. It's 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  
Jan. 19 through April 6  
(12-week session)

## 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.  
(use Cotner Blvd. entrance)  
Mondays, 1 to 1:30 p.m.  
**(Please note new time.)**  
Jan. 22 through April 16  
(no class Feb. 19)  
(12-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. Preregistration is required. Suggested contribution is \$2 per class or \$4 per week.

### ◇ F Street Recreation Center

1225 "F" St.  
Tuesdays and Thursdays  
10:30 to 11:30 a.m.  
Jan. 16 through April 5

### ◇ Gateway Vista

225 N. 56 St.  
Tuesdays and Thursdays  
1:30 to 2:30 p.m. or 3 to 4 p.m.  
Jan. 16 through April 5

## Feeling Fit Fridays at the Downtown Senior Center – *(new)*

*Free and open to the public!*

◇ Downtown Senior Center  
1005 "O" St., lower level  
Fridays, Feb. 2 to Feb. 23  
10:30 to 11:15 a.m.

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

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

### Friday, Feb. 9 – Chair Tai Chi

This 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.

### Friday, Feb. 16 – Chair Yoga

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated 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. Chair yoga 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.

*First hour parking is free at any of the downtown city garages.  
Lunches are available by calling two-days in advance.*

## Chair Rockin' *(new)*

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 Recreation Center

1650 Memorial Drive  
Tuesdays, 11 a.m. to noon  
Jan. 16 through Feb. 20  
(six-week session)  
Thursdays, 11 a.m. to noon  
Jan. 18 through Feb. 22  
(six-week session)