

Please register early. Classes that do not have sufficient enrollment will be cancelled.

DYNAMIC MOVEMENT CLASSES

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

What is Dynamic Movement?

Each eight-week session focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

Here are some of the comments that participants have made:

"I really like exercising with people my own age and feel I get a good workout in this class."

Nancy

"All of the bases are covered in Dynamic Movement classes – balance, strength, flexibility and brain work. Best of all, it's done with dance steps and varied movements to fun oldies music."

Cindy

"I've always thought exercise was boring, but I've discovered that good music and fun leaders make me want to come back each week."

Linda

"I highly recommend Dynamic Movement classes. They keep me moving and keep me motivated to continue doing the things I need to do to stay strong and healthy!"

Herschel

"This class is great for retired people who tend to sit and watch too much television. Since starting the class, we have noticed we feel stronger and healthier."

Carolyn and Leon



St. Mark's United Methodist Church

8550 Pioneers Blvd. (gymnasium)

Thursdays, 3:30 to 4:30 p.m.

Sept. 14 through Nov. 2 (eight-week session)

Nov. 9 through Dec. 21 (no class Nov. 23) (six-week session)

Cotner Center Condominium

1540 N. Cotner Blvd.

(use N. Cotner Blvd. entrance)

Mondays, 2 to 3 p.m.

May 22 through July 17 (no class May 29)

Sept. 11 through Oct. 30 (eight-week session)

Nov. 6 through Dec. 18 (seven-week session)