



# Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

## Aging Partners Health and Fitness Center

555 S. 9th St.  
Monday through Friday  
8 a.m. to 4 p.m.

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. \$10 suggested monthly contribution for age 60 and over and family caregivers of any age. \$15 fee under age 60.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes. Please register early. Classes that do not have sufficient enrollment may be canceled.

**To receive additional information or to register, call 402-441-7575.**



## New for Family Caregivers

Family caregivers need to remember to take care of themselves. Aging Partners certified personal trainers or instructors will assist you in developing a home-based fitness program to meet your needs. Appointments can be set up at a time and location convenient for you. We also encourage caregivers to take advantage of our fitness center and classes.

### Chair Tai Chi

St. Paul United Methodist Church  
1144 "M" St. (dining room)  
Tuesdays from 9:30 to 10:15 a.m.

### Qigong Refresh and Recharge

Cotner Center Condominium  
1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays from 10 to 11 a.m.  
May 6 through July 29  
(no class May 27)

### Dynamic Movement

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Mondays from 2 to 3 p.m.  
May 6 through July 29  
(no class May 27)
- St. Mark's United Methodist  
8550 Pioneers Blvd. (Gym)  
Thursdays from 3:30 to 4:30 p.m.  
May 9 through July 25  
(no class July 4)

### 8 Form Tai Chi

Eastridge Presbyterian Church  
1135 Eastridge Drive  
Tuesdays, 3 to 4 p.m.  
June 4 through August 20

## Chair Yoga

- East Lincoln Christian Church  
7001 Edenton Road  
Fridays, 11 a.m. to noon  
April 26 through July 12
- Eastridge Presbyterian Church  
1135 Eastridge Drive  
Wednesdays, 1:30 to 2:30 p.m.  
May 1 through July 17

## Tai Chi – Continuing 24 Form

Cotner Center Condominium  
1540 Cotner Blvd.  
Mondays, 1 to 1:30 p.m.  
May 6 through July 29  
(no class May 27)

## Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. You will learn the most up-to-date information about fall prevention.

- The Knolls Senior Living  
Community  
5801 Norman Road  
(The Carson Room)  
Tuesdays, 1 to 3 p.m.  
June 4 through July 16
- Lincoln - Lancaster County Health  
Department  
3130 "O" St., Room 0214, lower  
level training center  
Fridays, 10 a.m. to noon  
July 12 through August 23