



Community Health and Fitness Classes

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

Community Activities and Services

JANUARY 2025

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

The Schmieding Foundation Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m.

Certified Personal Trainer: a certified personal trainer is available by appointment only.

For the fitness center, there is a \$10 suggested monthly contribution for those age 60 and over and a \$15 fee for people under age 60.

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. 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, 1300, 1005; LNKTV Health – 3, 1301, 1010; LNKTV Education – 23, 1303, 1080

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

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.

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance, then cool down with standing and seated movements.

- **Auld Pavilion, 1650 Memorial Drive**
Wednesdays, 10 to 11 a.m. – Jan. 8 through March 26
- **American Lutheran Church, 4200 Vine St.**
Mondays, 1:30 to 2:30 p.m. – Jan. 6 through April 7
(no class Jan. 20 and Feb. 17)

Qigong Refresh and Recharge

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

- **American Lutheran Church, 4200 Vine St.**
Tuesdays, 10 to 11 a.m. – Jan. 7 through March 25
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m. – Jan. 9 through March 27

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

- Wednesdays, 9:30 to 10:30 a.m. – Jan. 8 through March 26
- Fridays, 9:30 to 10:30 a.m. – Jan. 10 through March 28

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 are welcome.

Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at our new location at Victory Park Center, 600 S. 70th Street. Sanitation guidelines are followed.

Services are available to those age 60 and over. These services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A \$25 suggested contribution will help these services continue.

Call 402-441-7506 for an appointment.

