

Wellness for Senior Adults

Non Credit: SilverSneakers Yoga Stretch 0
 Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Must be enrolled in the Fitness Center to attend.

N/A F 109 MWF 7:30-8:20A P. Russell

Non Credit: Aerobics for Senior Adults 0
 Formatted for older adults with music and class tempo appropriate for those over the age of 55. Includes flexibility exercises, cardiovascular conditioning, and strengthening and toning exercises. Prerequisites: None. Course Fee: \$85 or SilverSneakers Member

#37848 F 109 MWF 8:30-9:20A Staff

Non Credit: SilverSneakers 0
 Taught with a chair which is used for both seated exercises and for support during standing exercises. Taught with a variety of resistance tools to be used according to the skill level of each student: handheld weights (1-5 lbs), elastic tubing and balls. Students must be registered in the Fitness Center in order to participate. There is no additional fee or registration for this course.

N/A F 109 MTWR 10:30-11:20A Staff

Non Credit: Fitness Center for Seniors (62+) 0
 #37851 Fitness Center D Roach
 Non Credit Course Fee: \$78 Dates: 1/14-5/11

Non Credit: Tai Chi Movement for Seniors- Beginning 0
 Uses movements, combined with music and breathing, to bring about a state of relaxation. You will see an improvement in balance, muscle strength, flexibility, and total well-being. Course Fee: \$75
 #37849 F 133 TR 7:00-7:55A E Keith
 #37849 meets 1/17-5/3

Non Credit: Tai Chi Movement for Seniors - Intermediate 0
 Intermediate class. Prior experience required.
 Course Fee: \$75
 #37850 F133 TR 8:00-8:55A E. Keith
 #37850 meets 1/17-5/3

PED101YG Yoga for Special Bodies 1
 Designed to present modified yoga postures for those who have special physical limitations such as arthritis, back stiffness, obesity, and pregnancy, to name a few. Written doctor's release may be required. If you can move, you can do yoga! Beginners welcome. Recommended for senior adults also.
 #33143 F 133 TR 10:30- 11:25A S Pustetta
 Meets: 1/24-5/3