



The

Winter Exercise Series



January 9, 2012 ~ March 30, 2012

The Jackson County Department on Aging is
Pleased to Offer the Following Exercise Classes:



FIT AFTER FIFTY

(Low Impact Aerobics)

This class, based on the Arthritis Foundation Exercise Program, is lead by a NETA-certified Instructor, and includes head-to-toe stretching, as well as non-jarring, low-impact cardio-respiratory exercise routines to fun music, to help strengthen the heart, lungs and muscles. Casual clothes and supportive, rubber-soled shoes are recommended

GIVE ME STRENGTH

(Strengthening)

Experienced volunteer Instructors lead participants through chair- and/or floor –based strengthening activities to promote full-body strength. Casual clothes and supportive, rubber-soled shoes are recommended.

GET IN LINE

(Line Dancing for Beginners & Advanced Beginners)

Beginner Class: An experienced volunteer Instructor will lead the beginning participant, step-by-step, through popular line dance moves and routines. Supportive, leather-soled shoes are best for this class.

Advanced Beginner Class: An experienced volunteer Instructor will lead the advanced beginner participant, step-by-step, through popular line dance routines. Supportive, leather-soled shoes are best for this class.

CHAIR EXERCISES

This class, lead by an experienced volunteer leader, includes stretching, non-jarring chair and standing exercises, as well as strengthening activities, to promote full-body fitness. Casual clothes and supportive, rubber-soled shoes are recommended.

TAI CHI from the Arthritis

Foundation

(Gentle Martial Art)

“Sun-Style” Tai Chi is a non-strenuous, non-contact, “internal”, martial art. It aids one’s self-healing, energy, balance, strength, mental capacity, and much more. This workshop is lead by certified Tai Chi Instructors, where beginning students focus on learning basic concepts and the first 20 moves, while advanced students continue to learn all 41 moves, while applying the various concepts, as well as aid beginning students with their experience in the class. Casual clothes and supportive shoes are recommended.

ROOM FOR FITNESS

(Self-led Exercise Using Equipment)

Join others and use the self-led workout room in the Word of Light Senior Center, to keep up your fitness level.

SEE REVERSE SIDE FOR CLASS TIMES & LOCATIONS



CROUCH SENIOR CENTER - 1715 Lansing Ave., Jackson - 788-4364

<u>FIT AFTER FIFTY:</u>	M/W/F	08:30 ~ 09:30	Garden Level, Room 005
<u>TAI CHI – Workshop:</u>	Mon	12:00 ~ 01:00	Garden Level, Room 005
<u>CHAIR EXERCISE:</u>	Tue/Thu	10:30 ~ 11:30	Garden Level, Room 005
<u>GIVE ME STRENGTH</u>	Mon/Wed	09:30 ~ 10:00	Garden Level, Room 005
<u>GET IN LINE – Beginner:</u>	Wed	12:15 ~ 01:00	Garden Level, Room 005
<u>GET IN LINE – Advanced:</u>	Wed	01:15 ~ 02:00	Garden Level, Room 005

HENRIETTA NUTRITION SITE - 11120 Musbach, Rd., Munith – 596-3374

<u>CHAIR EXERCISE:</u>	Mon/Wed/Fri	9:30 ~ 10:30	Dining Room
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MICHIGAN CENTER NUTRITION SITE – 361 Grove St., Michigan Center – 764-2950

<u>CHAIR EXERCISE:</u>	Mon/Wed/Fri	9:00 ~ 10:00	Dining Room
<u>WALK TO WELLNESS:</u>	M – F	6am-1pm/4pm-8pm	Columbia Central Fitness Center

NAPOLEON NUTRITION SITE - 6755 Brooklyn Rd, Jackson – 536-8694

<u>STRETCHING THE TAI CHI WAY</u>	Thu	10:30 ~ 11:00	Dining Room
<u>WALK TO WELLNESS:</u>	M – F	6am-1pm/4pm-8pm	Columbia Central Fitness Center

NORVELL NUTRITION SITE – 106 E. Commercial, Norvell

<u>WALK TO WELLNESS:</u>	M – F	6am-1pm/4pm-8pm	Columbia Central Fitness Center
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SPRING ARBOR SENIOR CENTER - 122 Starr St., Spring Arbor

<u>FIT AFTER FIFTY:</u>	Mon/Wed	10:00 ~ 10:50	Dining Room
<u>GIVE ME STRENGTH:</u>	Mon/Wed	10:50 ~ 11:10	Dining Room
<u>TAI CHI – WORKSHOP:</u>	Wed	11:10 ~ 12:00	Dining Room
<u>GET IN LINE:</u> Beginner	Thu	10:00 ~ 10:30	Dining Room
<u>GET IN LINE:</u> Advanced Beg.	Thu	10:30 ~ 11:15	Dining Room



WORD OF LIGHT NUTRITION SITE - 800 S. Cooper St., Jackson

<u>ROOM FOR FITNESS:</u>	M-F	Self-led	10:00 ~ 02:00	Multi-purpose Room
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SUGGESTED DONATION* FOR THOSE 60 & OLDER / 59 & UNDER:

FIT AFTER FIFTY:	\$01.00/\$02.00 per Class	ROOM FOR FITNESS:	Free
TAI CHI WORKSHOP:	\$20.00 for the Series	CHAIR EXERCISE:	Free
GET IN LINE:	\$01.00/\$02.00 per Class	WALK TO WELLNESS:	Free

QUESTIONS?

PLEASE CALL:

**Health Dept.
Receptionist at**

788~4420, Ext. 0