

## **Exercise Classes**

### **Sittercise**

#### **Winifred Lom, MS, OTR**

If you have limited mobility or you have a disability you might find it hard to stay fit. It could be a challenge to use regular gym equipment or you may not be able to physically cope with the usual ways in which people exercise. It is important to keep fit and healthy in order to keep medical problems at bay and also to keep your weight down. Sittercise is a program that could help you remain fit with the aid of a chair. Many different types of movements can be performed from a seated position. Although it is not possible to reach the same intensity as you would with a regular activity you can still burn fat and increase muscle tone and body strength. Winifred has been an instructor at the Darien Senior Program for 15 years, she holds an MS in Occupational Therapy from Columbia University.

### **Dance, Strength, and Balance**

#### **Ginger Corbet**

Move to the beats of music from current hits, to the Motown, and from all over the world. This class features Easy-to-follow choreography and high energy instruction, which will have you tapping your toes and having so much fun that you will forget that you're working out! Class ends with 15 minutes of strength and balance training—this class covers it all! Perfect for the beginner and the advanced.

### **\*Ballet for seniors**

#### **Elizabeth Hall**

Why take ballet at The Senior Center? Did you ever want to dance but were intimidated to go to a ballet class? Did you dance as a child and think it was too late to take ballet now as a senior?

Guess what? This class is for you, it's a ballet class for all seniors. Besides being swept away by beautiful classical movement, you are doing your body and spirit a favor. The balance, strength, and memory you once thought were waning will only get stronger. Yes, you can increase all of these things while still having fun dancing. Please come to Elizabeth Hall's ballet class held on Mondays and Fridays. You are free to come to one class a week or two classes a week. This is a safe and stress free environment. Looking forward to seeing you!! Elizabeth holds a BA in Literature and Dance from Hunter College. She is a certified ballet teacher with International Crestar, Singapore. She is certified in personal fitness, yoga, and aerobics.

### **\*Feldenkrais**

#### **Wendy Kahn**

Would you like to sit more comfortably and easily? To take a class or watch a movie all the way through without having to stand up and stretch your back in the middle of it? To sit and stand without effort or stress? Wendy Kahn, movement expert and certified Feldenkrais Teacher, will teach this Feldenkrais class focusing on alleviating back pain. All lessons are done seated and/or standing, and movements are slow and gentle. Learn how moving your jaw, your hips, and your eyes can relieve back pain; become aware of habits that stop you from moving, and how to change them! When you know how you move, you can start to move how you want. Come join the fun; bring your curiosity and your sense of humor! And bring a friend.

### **\*Yoga**

#### **Frances Goulart**

Yoga is a form of exercise that adapts to your needs and abilities that it can be done even by Senior Citizens. Yoga deals with your whole being. It makes your body fitter, the mind calmer and more relaxed. Yoga is also beneficial in the prevention and control of common health and emotional problems that is linked with Old Age. It helps you in becoming more in touch with yourself and your body enabling you to accept who you are and the state you are in which creates a positive approach in life. Frances is a certified Yoga instructor.

### **\*Tia Chi**

#### **Ken Dolan**

Ken Dolan began studying Tai Chi and Qigong in 1996. He has been teaching regularly scheduled Tai Chi/Qigong classes in the Stamford-Greenwich area for 13 years as well as private sessions. He also co-teaches a stress management class for the Bennett Cancer Center His classes emphasize relaxing with focused breathing and coordinated movement the slow gentle movement aids in flexibility and balance. The practice of both the breathing and the movement usually relaxes both mind and body.

### **\*Body Essentials**

#### **Elizabeth Hall**

Do you think that weight gain, bad posture, loss of flexibility, mobility, balance, and strength are all things we have to accept as we get older? Well, you don't! We've put away the mats and have replaced them with our own two feet! This class is still about the core of the body - but it will be more varied as we focus on different parts of the body from class to class. We will use some weights, exercise bands, balls, and ballet barres. This class will challenge you and charge you whether you're 55 or 105! Elizabeth holds a BA in Literature and Dance from Hunter College. She is a certified ballet teacher with International Crestar, Singapore. She is certified in personal fitness, yoga, and aerobics.

### **\*Qigong**

#### **Bill Wrenn**

Qigong is a gentle but powerful self-healing art out of which all ancient Chinese martial arts have evolved. It combines flowing movements with natural breathing to induce what is known as the Qigong state - an experience of clear mind and deep relaxation. Bill Wrenn, a certified Qigong practice leader who received his training from the Institute of Integral Tai Chi & Qigong, will lead us in movements performed either standing or seated, to relax the mind, improve physical balance, mental focus & clarity, build internal force, and leave us feeling calm, energized and refreshed. Suitable for all ages and conditions, no experience, special clothing or shoes needed. Come as you are!

### **Senior Sitting Fitness**

#### **Elizabeth Hall**

It's important to stay active as we get older. Regular exercise – including sit exercise, slows the loss of bone density and muscle tissue associated with aging. Working out also improves balance and flexibility, reducing the risk of fall or injury. Seniors can stay fit and active through utilizing a set of no impact exercises, requiring nothing more than a chair. These movements are suited for any age, and any level of fitness. Elizabeth holds a BA in Literature and Dance from Hunter College. She is a certified ballet teacher with International Crestar, Singapore. She is certified in personal fitness, yoga, and aerobics.

### **Pickle Ball**

**What is Pickle ball?!** Pickle ball is a fun game that is played on a badminton court (we will be using the gym). It is played with a perforated plastic ball (similar to a whiffle ball) and wood composite paddles. It is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. Please see the Newsletter for days and times.

### **Low Impact Aerobics with Linda Lombardo Sponsored by the Darien YMCA**

Low impact exercise is often used in conjunction with the words gentle, easy or light and is often recommended for people who can't or don't want to do high intensity exercise. But what if you want to work hard, but don't want all the jumping around? Can low impact exercise help you burn calories and lose weight as well as high impact moves? Absolutely!

Low-impact aerobic exercise elevates your heart rate, but without trauma to your joints. Jogging is considered a high-impact exercise, while brisk walking is considered low impact. Avoiding exercises that cause your body to bounce and contact the ground with force will enable you to exercise longer and will protect against loss of balance and potential injury from falls.

### **Wii Bowling**

We have joined the National Senior Wii Bowling League. As members of the league we will compete against other Senior Centers all over the United States. We are looking for teams of four bowlers. If you are interested in creating a team please let Marcy Rand, Program Specialist know. As you form your teams be sure to think of a catchy team name! Wii bowling **team practice** will be held on a day convenient to the team, however the bowling alley is also available for free play throughout the week. Wii Bowling is great FUN and Exercise.

### **\*Silver Fit**

#### **Lisa Brehio-Robinson**

Lisa is a Certified Nutritional Health Counselor as well as an ACE Personal Trainer and certified Group Fitness Instructor. The class will be a 45 minute aerobics class. Chairs, weights, and bands will all be incorporated in the class. All exercises will be done to fun music of the 50's and 60's. There will be a guided warm up and stretching at the end of class.

**\*Cardio Strengthen Class****Linda Lombardo**

Linda (Thursday low impact aerobics instructor) will be leading a cardio/strengthen and Stretch class, the class will be held weekly on Tuesdays. Linda will lead the group through a three part program that will improve strength, flexibility, and endurance. The class is slightly more challenging – but one handed pushups will not be required!

**\*Chair Yoga****Marilyn Zavidow**

Chair yoga is perfect for seniors who have difficulty getting on the ground or with limited mobility. The class is taught on chairs while using classic modified yoga poses. Chair yoga helps to increase flexibility and strength, improves balance, and helps reduce stress. Chair yoga will be held weekly on Thursdays.

**\*Musical Flow Yoga****Amanda Faulkner**

Amanda Faulkner, a Kripalu Certified yoga instructor will be leading a new musical flow yoga class on Tuesdays. Amanda will incorporate the yogic philosophy of kindness and compassion into every class. She will begin with warm up exercises to the body and then gentle flowing sequences set to beautiful music. Amanda will close the class with a short meditation period.

**\*Chair Dance****Claudia Devita**

This 40 minute class includes stretching, light aerobic exercise, creative dance, and movement choreographed to all genres of music. You will leave this highly motivating class with enhanced posture, renewed energy, and a positive attitude.

\*There is a charge associated with program.