

# FITNESS CLASSES

**MOST RECENT UPDATE 3/7/24**

**GENTLE YOGA** Mondays 3pm & Thursdays 10am: Instructor Phyllis Fabozzi. Yoga is a way of life. An integrated system of education for the body, mind, and inner spirit. Here are benefits of Gentle Yoga: relaxes the mind and body; soothes the nervous system; reduces chronic pain; improves sleep and wellbeing, and is gentle on the body.

**SILVER SNEAKERS SPLASH (WATER AEROBICS)** Mondays and Thursdays 8am: Instructor Robin Beals. Class is held at the Country Inn & Suites in Jonesborough. The classes are “pay as you go” by purchasing a “6-Class Card” at the Senior Center (or from Robin at the Country Inn) for \$21.00. Your card will be marked for each class attended, and can be used for any Silver Sneakers Splash class provided by the Jonesborough Senior Center. We encourage you to use the card, as making change is difficult. Proper water shoes are required. Cost: \$21.00 for 6 classes (\$3.50 each class).

**SILVER SNEAKERS CLASSIC** Mon, Wed, & Fri 9am: Instructors Robin Beals/Barbara Bogart.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated or standing support.

**SILVER SNEAKERS CIRCUIT** Mon, Wed, & Fri 10am: Instructors Robin Beals-/Barbara Bogart.

Combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**SILVER SNEAKERS ENERCHI** Tuesdays 10am & Thursdays 9am: Instructor Lorelei Goff. Often described as “meditation in motion,” tai chi is especially beneficial for older adults because it’s a low-impact, joint-friendly activity. This is Tai chi aimed at improving overall well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support can be used to facilitate standing stability and seated exercise options.

**YOGALATES** Tuesdays & Thursdays 3pm: Instructor Robin Beals. A type of exercise inspired by yoga and Pilates. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system. It combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement. Yogalates is believed to be particularly effective for improving muscle tone, developing a slimmer, stronger physique and even weight loss.

**KICKBOXING CLASS Thursdays 2pm:** Instructor Robin Beals. Kickboxing is an aerobics class that includes punches and kicks; Karate combined with boxing. The class is for any age level, and focuses on balance, strength, and confidence. Kickboxing is a great way to relieve stress.

**CHAIR YOGA Wednesdays 3pm:** Instructor Phyllis Fabozzi. Regardless of your age, Chair Yoga provides the same benefits of a traditional Yoga practice, but with the support of a chair. If you have concerns with getting up and down on the floor, maintaining balance or are suffering from injuries or chronic conditions, this class is perfect for you. Chair Yoga increases your strength, flexibility, range of motion, balance, and helps to reduce stress.

**FUN PUMP AND STRETCH Wednesdays 2pm:** Instructor Robin Beals. This class uses weights and focuses mainly on strengthening, toning, and stretching various muscle groups. The stretching at the end of the class will be a wonderful, stress relief and will leave you feeling exhilarated and ready to take on the rest of your day!

**ZUMBA Tuesdays 2pm:** Instructor Robin Beals. This is a fun and energetic fitness class with a Latin flair! We combine Zumba with Zumba Toning, and use maraca type weights. Be sure to wear comfortable clothes and comfortable shoes, with sturdy support. Remember: anyone can do Zumba. So, try this fun, new way to lose weight, feel good and look better -- all by having fun!

**LIFE FIT Mondays 2pm:** Instructor Robin Beals. Step Aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, as well as to strengthen your muscles.

**LINE DANCING Thursdays 4:30pm:** Instructor Sue Ayers. \$5.00 per class.

Line Dancing

Come join our fun and friendly group for physical and mental exercise as we dance to a variety of music. Basic line dance step knowledge is helpful, but not necessary. Dances covered range from absolute beginner to advanced beginner/improver level. For questions, email Sue (instructor) at [pupstergal@yahoo.com](mailto:pupstergal@yahoo.com).

**Rhythm in Nature Wednesdays 4PM-4:45PM (at Lincoln Park April-October)** **(in the Music Room at the Senior Center November-March):** Instructor Lorelei Goff. **No fee; Not open to the public, for senior center members only.** More than just a drum circle, this event will explore different aspects of rhythm using a variety of hand drums, percussion instruments, "found sounds", clapping, body percussion, stepping and voice. Join drum circle facilitator Lorelei Goff to play rhythm games, learn to groove, get to know the cultures and landscapes that gave rise to various types of hand drums and drumming traditions, understand how rhythm benefits our health and brain function, and enjoy the unique social community created by a group drum circle. Instruments and seating will be provided or bring your own. For questions call 423-588-0854

**Restore & Reset! Wednesdays 6:15PM-7:15PM April-October:** **Instructor Lorelei Goff. \$5 per person; *Open to the Community, not just senior center members.*** An outdoor restorative yoga class; restore your body and mind and reset your own natural rhythm to enjoy the weekend or prepare for a new week! Restorative yoga slows down the pace and uses comfortable props and rhythms of breath to help you relax more deeply into poses without effort. This allows your body and mind to let go and reset from the stresses and strains of life. Bring your own mat, blanket and props. A limited number of mats, blankets and props will be provided on a first come, first served basis. For questions call 423-588-0854

**Jonesborough Community Drum Circle Mondays, 5:30-7:30PM April-October:** **Instructor Lorelei Goff. The cost for this event is by *donation.*** This family-friendly event will create a fun space to explore rhythm through games and drumming together as a group. This drum circle is open to the public. No experience is necessary and attendance for the entire two hours is not required. Come and go as you like. Please bring your own drum or percussion if you have it. Some will be available to share. Other items to bring: a folding chair, water & snacks. Wear clothes that are appropriate for our variable weather during this outdoor event. For more information, call 423-588-0854, or visit [RhythmElementLLC.com](http://RhythmElementLLC.com) or the Rhythm Element Facebook page.

**Chi-Flow Moving Meditation Wednesdays, 5:15-6PM April-October:** **Instructor Lorelei Goff. \$5 per person; *Open to the Community, not just senior center members.*** Experience the benefits of connecting mind, body and breath in a moving meditation class that combines elements of Tai Chi, Qi Gong and breathwork. Chi-Flow is a slow-paced, low-impact practice that connects movement with breath and helps create a meditative state while exercising the body and mind. This no-impact class may help to improve strength, lower stress and blood pressure, improve balance, reduce the risk of falling, improve mood and cognitive function, increase range of motion, and reduce inflammation. No equipment is necessary. Wear comfortable, flat-soled shoes with a non-slip sole and clothes that allow you to breathe and move easily. Bring a water bottle. This class is suitable for all ages and abilities, including the use of stationary chairs and assistive mobility devices such as seated walkers and wheelchairs. For more information, call 423-588-0854.

**Key:**

Classes highlighted in **Yellow** are held at the senior center in the Group Exercise Room

Classes highlighted in **Purple** are held at Lincoln Park

Class that is highlighted in **Blue** is held at the Country Inn & Suites in Jonesborough

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