

FITNESS CLASSES

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

The class that is highlighted in **Purple** is held at Lincoln Park unless moved indoors due to weather.

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

UPDATED 10/20/25

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 some benefits of Gentle Yoga: relaxes the mind and body; soothes the nervous system; reduces chronic pain; improves sleep and well-being and is also gentle on the body.

SILVER SNEAKERS ENERCHI Tuesdays & Thursdays 9am: Instructor Laura Whelan: 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.

SILVER SNEAKERS SPLASH (WATER AEROBICS) Mondays and Thursdays 8am (\$3.50 per class) Cost: \$21.00 for 6 classes : Instructor Robin Beals: 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 on site is difficult. Proper water shoes are required.

SILVER SNEAKERS CLASSIC Mon, Wed, & Fri 9am: Instructors Robin Beals/Sue Owens: 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 either seated, or standing, support.

SILVER SNEAKERS CIRCUIT Mon, Wed, & Fri 10am: Instructors Robin Beals/Sue Owens: 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.

BALANCE & STRETCH Tuesdays & Thursdays 8am: Instructor Laura Whelan: The focus in this class is safely training muscle sensors for balance, and stretching tightened muscles. We will be challenged from a balance perspective in ways you thought your body couldn’t achieve. When we are stretched, balance is more achievable. This class is designed to help with slip and falls and our ability to be loose, balanced and confident in every step. We will be on and off the floor so please bring a mat.

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.

MOVEMENT WITH INTENTION Tuesdays 1pm: Instructor Laura Whelan: This class will focus on 6 movement patterns that affect everything we do in our daily lives, such as gardening, getting up and down from the floor, carrying things, pushing and pulling and rotational functions. The movements focus on; concise, intentional motion, emphasis on great form and proper core engagement.

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 Tuesdays 10am & 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, by using 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 4:30 pm, \$5 per class: Instructor Sue Ayars: Sue teaches or reviews each dance and calls steps while the music is playing for the first 75 minutes. After that, we do an optional 15 minutes of open dancing to class favorites without instruction or step calls. We mix music styles and dance difficulty levels. This class assumes you already have basic line dance step knowledge. Sue sends weekly emails with lists of upcoming dances and links to videos and step sheets to help you prepare for the next class. This friendly group is so much fun! Come join us anytime! Questions? Email Sue at pupstergal@yahoo.com.

WERQ Tuesdays and Thursdays 6:15pm, \$5 per class: Instructor Jennifer Walters: WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

Flow and Yin Yoga Tuesdays 7pm, \$5 per class: Instructor: Brittany Trivett: Warm up with Yoga and then enjoy an extra-long set of restorative and relaxing poses (Yin). This 45-minute class will cultivate a balance between power and depth. It is the best of both worlds, including movement and a deep stretch. Flow and Yin Yoga will leave you feeling strong and relaxed by the end of each class.

Parkour Silver Fridays 1pm: Instructor Robin Beals: This Class is focused on "Fall Prevention". Mobilization is very important. Learn how to move, and how to control a fall (if/when one occurs). Build agility and awareness, to try to mitigate falls during locomotion. "Come join and be a kid again!"