

Fall Exercise Programs 2021

For more information about exercise programs, please call 401-268-1596.

- All individuals attending an exercise program must complete a Town Registration Form and a Participation Release before participating in a class.
- Appropriate footwear, preferably white soled sneakers, is necessary and water bottles only for classes.
- Drop-in classes cost \$2.00 per person/per class.
- Weights are provided for classes offered at Beechwood.
- Participants are encouraged to bring their own weights to the Community Center. Weights may be borrowed from Beechwood for programs at the Community Center and must be cleaned before returning the weights.
- Resistance bands can be bought at Beechwood for \$2 per band.
- Drop-in programs will be offered provided that there is an average of seven people participating in the classes.

The exercise programs listed below are offered at the Community Center on a drop-in and pay \$2 per class basis.

Tuesdays at 9:00 a.m. Mix It Up: a mix of strength and stretch and lo-impact aerobics.

Wednesdays at 9:00 a.m. Line Dancing: learn the latest and most popular line dancing and country dance steps.

Wednesdays at 10:00 a.m. Tone It Up: combines elements of toning and lo-impact aerobic exercises to improve flexibility, balance and strength.

Wednesdays at 10:45 a.m. Beginning Line Dancing: learn the latest and most popular line dancing and country dance steps.

Thursdays at 9:00 a.m. Lo-Impact Aerobics: lo-impact aerobics emphasizes cardiovascular and flexibility training with less stress on your joints and ligaments.

Thursdays at 10:15 a.m. Strength & Stretch: includes sitting and standing exercises to improve your cardiovascular fitness, muscle tone and flexibility.

Fridays at 9:00 a.m. Dance & Tone: lo-impact dance moves that are fun, simple and easy to follow for a cardiovascular challenge. The toning portion will consist of head to toe strengthening exercises to build muscle tone while using a variety of equipment.

The classes listed below require pre-registration. Max. #of participants is 20. To register, contact 268-1596.

Tues. 5:00 - 6:00 p.m. Movement for Life \$24 Kenneth Owens Beechwood

DATES: 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14 & 12/21 (12 classes).

Wed. 1:30 - 2:30 p.m. Tai Chi and Qigong \$20 Sylvia Krausse Comm Center

DATES: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8 & 12/15 No class 11/24 (10 classes).

The classes listed below are FULL and required pre-registration.

DAY	TIME	CLASS	FEE	INSTRUCTOR	LOCATION
Mon.	9:00 - 9:45 a.m.	Strength & Stretch 9/13 - 12/20	\$28	Donna Carter	Beechwood
Mon.	1:30 - 2:30 p.m.	Yang Style Tai Chi 9/13 - 12/20	\$28	Jane Gemma	Beechwood
Tues.	3:00 - 4:00 p.m.	Modified Yoga 9/21 - 12/21	\$26	Paulette McLaren	Beechwood
Wed.	5:30 - 6:45 p.m.	Yoga 9/8 - 12/22	\$30	Linda Ohsberg	Beechwood
Thur.	3:00 - 4:00 p.m.	Modified Yoga 9/23 - 12/23	\$24	Paulette McLaren	Beechwood
Thur.	5:30 - 6:45 p.m.	Yoga 9/9 - 12/23	\$28	Linda Ohsberg	Beechwood