

AEROBICS. Monday, Wednesday, Friday - 9:30-10:30am

If it's exercise you're looking for, you've come to the right place. Leo Kirane and Rita Neal direct a great modified "low impact" aerobic workout. Some floor exercises. You'll need comfortable clothing, sneakers, floor mat. This is a great way to keep in shape, keep active and limber! Leo: Mon & Fri. Rita: Wed. .

AERO-FLEX (Tuesday) & RHYTHM-FLEX (Thursday) - 8:00-8:45am.

These exciting classes offer a slightly faster pace for those seeking a little more challenge. Aero-Flex with Rita Neal on Tuesdays incorporates stretching, toning and aerobic exercise for a more complete work out. Rhythm-Flex with Pat Dumont on Thursdays does all that while adding rhythmic dance moves! Try it!

CHAIR YOGA. Monday – 8:00-9:00am.

A modified form of Yoga is geared toward those who may not enjoy floor exercise. Learn relaxation and breathing techniques designed to melt away stress, leaving you calm and renewed! Class is lead by Pat Dumont.

FITNESS CLASS. Thursday – 9:30-10:30am.

In addition to our regular aerobics class, we also offer a fitness class lead by Millie Cartier. This class utilizes a variety of equipment from stretch bands to lightweights to hoola hoops and focuses on both cardiovascular and strengthening exercises specially designed for the elder participant. Another great way to stay in shape!

LINE DANCING. Tuesday – 9:15-10:45am.

Terry LaPlante teaches the latest line dances in this class every Tuesday morning from 9:15-10:45am. This fun class provides a great way to get some extra exercise. Come alone or bring a friend. Dancing... a great escape!

SHUFFLEBOARD.

The shuffleboard group meets Monday 12:00-3:30pm and Tuesdays from 8:30-11:30 and/or 12:30-3:30. \$5.00 annual fee covers court and equipment maintenance.

YOGA. Friday – 9:00-10:30am. .

This class lead by Violet Jessel teaches you relaxation techniques that will ease away stress and leave you feeling relaxed and ready to face the day!

WEIGHT TRAINING. Wednesday and Friday – 8:00-9:00am

Weight training completes our full line of exercise programs. Lightweights (1-2 lb) are used for muscle toning to keep you strong. Give it a try!