



## FITNESS PROGRAMS AT THE SUDBURY SENIOR CENTER

# FALL 2018

PROGRAM NAME	DATES & TIME	COST	NOTES	LOCATION
<b>Fit for the Future w/Lois</b> <i>Aerobics &amp; Strength</i>	Mondays, Wednesdays, and Fridays 11:00 AM - 12:00 PM	\$3 drop-in	Ongoing drop in classes, no registration required.	FCC Gym
<b>Better Bones, Senior Strength</b> <i>Build strength and balance!</i>	Mondays 1:00 - 2:00 PM Sept. 17 - Nov. 26 (8 wks) <b>*No class Oct. 8, 29, Nov. 12</b>	\$56 for 8 wks	Bring your mat, 2 sets of weights, resistance band, and water!	FCC Gym
<b>Traditional T'ai Chi</b> <i>An ancient system of movements designed to maintain strength, balance and focus.</i>	Mondays 2:15 - 3:15 PM Sept. 10 - Nov. 5 (8 wks) <b>*No class Oct. 8</b>	\$45 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym
<b>Yoga for Living Well</b> <i>Add strength and calm to your life!</i>	Tuesdays 9:40 - 10:40 AM or 11:00 AM - 12:00 PM Sept. 11 - Nov. 6 (8 wks) <b>*No class Oct. 30</b>	\$56 for 8 wks	Bring your mat, block and water!	FCC Gym
<b>T'ai Chi for Healthy Living</b> <i>Work on improved balance and mobility, while learning/ practicing T'ai Chi forms, all at a slower pace.</i>	Tuesdays 1:30 - 2:30 PM Sept. 11 - Oct. 30 (8 wks)	\$45 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym
<b>Brains and Balance - NEW!</b> <i>Designed to improve our memory, reasoning, conceptualization, language, problem solving skills, along with overall fitness.</i>	Thursdays 1:00 - 2:00 PM Sept. 20 - Nov. 8 (8 wks)	\$64 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym
<b>Intro to Traditional T'ai Chi - NEW!</b> <i>Learn many of the postures and movement of the forms as well as basic concepts and deeper philosophies.</i>	Thursdays 2:30 - 3:30 PM Sept. 13 - Nov. 1 (8 wks)	\$45 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym
<b>Beginner Tap Dance</b> <i>Learn the fundamentals of Tap Dance.</i>	Thursdays 9:00 - 9:30 AM Sept. 13 - Nov. 1 (8 wks)	\$35 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym
<b>Intermediate Tap Dance</b> <i>Learn new steps and practice what you know in a fun, relaxed environment.</i>	Thursdays 9:30 - 10:30 AM Sept. 13 - Nov. 1 (8 wks)	\$55 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym

### Registration Information:

Please register at Senior Center Front Desk or by mailing your check. Checks payable to "Town of Sudbury."