

FREEDOM VILLAGE

EXERCISE PROGRAMS and EXERCISE FACILITIES

Here is a list of (free unless otherwise noted) exercise programs available to all Freedom Village residents:

Silver Age Yoga

Wednesdays and Saturdays

10:30am – 11:30am Auditorium

Get a healthy start in the New Year. Try Silver Age yoga. It is a healthy discipline good for improving flexibility, balance and posture, and is tailored for older adults. This class uses seated chair and chair-supported postures to improve your mental and physical well-being. Men and women can benefit from improving their mind-body connection. Come join the dedicated crew of yogis on Wednesdays and Saturdays at 10:30am in the auditorium No experience needed!

Sit & Fit

Tuesday & Thursday

9:00am – 10:00am Auditorium

This program is appropriate for residents who are comfortable exercising both in and out of a chair. This **medium impact** program focuses on strength training, balance and flexibility utilizing a variety of equipment. This program is led by a certified fitness instructor who can help with modifications to any exercise needed to ensure residents can either do a more strenuous workout or cater the moves to any limitations.

Morning Juice Aerobics

Monday & Friday

10:30am – 11:30am Auditorium

This program is a **high-energy** activity that focuses on strengthening, movement and agility utilizing a variety of equipment. This program is recommended for those with good balance who are seeking to experience some cardio conditioning in their workout routine. A certified fitness instructor from the YMCA leads this program. Please ask the instructor for modifications to any movements that may be difficult or that you would like to be more strenuous.

Low Impact Aerobics

**Wednesday
11:45am Auditorium**

POOL ACTIVITIES

Rhythm & Waves

Monday & Friday (2 Sessions)

Pool

8:30 – 9:30am

9:30 – 10:30am

This program is a water aerobics class which focuses on fitness and exercise with **little to no joint impact** due to the support of the water. This program is especially good for anyone with arthritis, weak joints or back pain. A certified fitness instructor from Ageless Exercise leads the program. Inform the instructor if any exercises prove to be problematic and modification exercise will be suggested. Class size is limited but all residents are welcome and spots are open. Remember to sign –in when participating.

Aqua Fit

Wednesday 9:00 – 10:00am Pool

This program is very similar to Rhythm and Waves with its low joint impact level. The program is led by resident instructors and serves as a supplement middle-of-the-week activity to the Rhythm & Waves program.

Aqua Arthritis

Saturday 9:00 – 9:45am Pool

(formerly Aquatic Arthritis)

This is a 45-minute warm water exercise program shown to reduce pain and improve overall health by gaining strength and flexibility without excess strain on joints and muscles. The program has been developed by the Arthritis Foundation and is led by a YMCA instructor.

ALTERNATIVE ACTIVITIES

Chair Yoga

**Monday
11:45am Auditorium**

This yoga program is **all seated** and is especially appropriate for residents who are chair bound. This is a **low impact** fitness activity that focuses on strengthening one's core muscles and enhancing breathing and relaxation techniques. This program incorporates many upper body movements and breathing exercises and is desirable for residents preferring a later morning activity. A certified fitness instructor from Ageless Exercise leads the program. Activities can be modified for individual needs.

Tai Chi

**Monday & Wednesday
9:00am – 10:00am Auditorium**

This program is a complete mind and body internal Chinese martial art that increases stamina, strength, balance and concentration skills. The slow and graceful movements relax and strengthen the body and mind, help to relieve stress, develop flexibility and coordination, which is particularly beneficial to older adults combating a variety of health conditions and disabilities. Resident instructors lead this program.

ACTIVITIES

Line Dancing Class

**Tuesday
11:00am Auditorium**

Residents gather to line dance as guided by the instructor. Dancing is beneficial in maintaining balance and overall conditioning.

FACILITIES

Pool

Open 24 hrs. for resident use. (Unavailable when scheduled aquatic activities are in progress).

Fitness Center

Open 24 hrs. for resident use.

Equipment Instruction/Training

Alternate Tuesdays & Thursdays 2:00-3:00pm

Check the Bugle for the exact schedule

Learn to correctly use the Fitness Center equipment.

Also, learn to develop a routine using the equipment.

Auditorium

Open 24 hrs. for resident use. A special surface walking track is located around the perimeter of the auditorium. (Unavailable when scheduled programs and activities are in progress). 16 times around the track = 1 mile.

Updated January 2022