

# WELLNESS CLASSES

## **Arthritis Exercise**

Tuesday 1:00 PM  
Instructor: Maria Kishfy

This class focuses on maintaining range of motion and flexibility. Increasing muscle strength and cardiovascular endurance to benefit our heart and lungs. Class is mainly seated with some standing exercises.

## **Boom Move & Muscle**

Tuesday 2:00 PM  
Instructor: Maria Kishfy

An exciting combination class which blends a dance inspired workout with muscle conditioning intervals to improve cardiovascular health and muscular endurance.

## **BoneBuilders**

Monday 10:00 AM  
Thursday 11:00 AM  
Instructor: Peter DeMasi

A mainly seated light aerobic workout using light hand weights, with a focus on building core muscles and preventing osteoporosis.

## **Cardio Strength Training**

Tuesday 10:00 AM  
Thursday 1:30 PM  
Instructor: Lisa Cruz

A class focusing on cardiovascular and strength fitness set to fun music using dance and a few sports moves. Bring your light weights, a 2-3 inch stress ball and be prepared to have a fun workout!

## **Forever Fit**

Tuesday 11:30 AM  
Wednesday 9:00 AM  
Instructor: Sue Sgambato

This beginner/intermediate class combines seated stretching, flexibility and range of motion exercises, strength training, standing dance fitness and balance exercises.

## **Line Dancing**

Monday 2:00 PM  
Beginners: Thursday 12:30 PM  
Instructor: Fran Golombiewski

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great!

## **Mat Yoga**

Monday 11:00 AM  
Friday 10:00 AM  
Instructor: Amy McPhee

The benefits of yoga are greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with an easy flow of moving with awareness and breath to quiet the mind and then ending with a guided meditation. Modifications are demonstrated.

## **Meditation**

Wednesday 11:00 AM  
Instructor: Mary Scannell

Learn techniques intended to encourage a heightened state of awareness and focused attention. The benefits of meditation include improved memory, lowered blood pressure, a calmer attitude, stress relief and improved coordination.

## **ROC Steady**

Friday 1:00 PM  
Instructor: Lisa Cruz

ROC Steady is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. Senior members with balance deficits, injuries and disabilities will benefit from this class. Instructor Lisa Cruz will accommodate various fitness levels and adjust exercises based on abilities.

## **Sit Fit & Strong**

Wednesday 1:00 PM  
Instructor: Fran Golombiewski

A seated, whole body workout. We stretch, tone and work on upper body strength using optional hand weights. Dance movements are also incorporated.

## **Strength Matters**

Thursday 9:00 AM  
Instructor: Sue Sgambato

Learn a series of stretches and strengthening exercises performed seated and lying on a mat as well as the proper way to get up from the floor. These exercises are designed to help strengthen upper and lower body and core muscles.

## **Tai Chi**

Tuesday 9:00 AM  
Wednesday 11:00 AM  
Instructor: Bob McManus  
Instructor: Karl Davies

This class has been described as "moving meditation". It is a gentle, easy form of exercise. The benefits of Tai Chi include improved cardiovascular fitness, posture, muscular strength, balance, flexibility. It also boosts cognitive function and reduces stress.

## **Zumba**

Monday 1:00 PM  
Thursday 10:00 AM  
Instructor: Fran Golombiewski  
Instructor: Sue Sgambato

Zumba is a Latin-inspired dance fitness class that is low-impact and easy to learn. Using lightweight maraca-like toning sticks, we increase our cardio-respiratory. A total workout combining cardio, muscle conditioning, balance and flexibility.

## **Mancini Fitness Center**

Monday - Friday  
9:00 AM - 3:00 PM - **BY RESERVATION ONLY**

The Fitness Center is fully equipped with Exercise Bikes, Treadmills, Standing and Recumbent Ellipticals and Rowers. Call 231-0742 to make your reservation.