

Tennyson Health & Wellness Center December 2018 Class Schedule

FREE CLASSES December 3rd-20th
GROUP EXERCISE/ACTIVITY FOR ADULTS 55+

Time	Monday 12/3, 12/10, 12/17	Tuesday 12/4, 12/11, 12/18	Wednesday 12/5, 12/12, 12/19	Thursday 12/6, 12/13, 12/20
9:30am	Chair Yoga	Senior Strong	Chair Yoga	Senior Strong
10:30am	Aqua-Walk	ZUMBA	Aqua-Walk	ZUMBA
1:30pm	ZUMBA	Aqua-Walk	ZUMBA	Aqua-Walk
2:30pm	Senior Strong	Yo-Chi	Senior Strong	Yo-Chi
3:30pm	Aqua-Walk	Aqua-Walk	Aqua-Walk	Aqua-Walk
Land classes are 45 minutes in length				
Aqua classes are 30 minutes in length				

To Register for Classes, Call 608-268-5492
or send email to TennysonWellness@independentlivinginc.org

Tennyson Health & Wellness Center
1936 Tennyson Lane
Madison. WI 53704



INDEPENDENT LIVING, INC.

Your local connection to an independent life since 1973



Senior Strong



Chair Yoga



Aqua Walk



Yo-Chi

CLASS DESCRIPTIONS

Yo-Chi

This class combines Yoga & Tai Chi to improve your balance, joint range of motion, and strength. Learn how to improve your breathing, increase flexibility and feel stable and secure when you walk and move about.

Senior Strength

It's never too late to get strong! You will perform age-appropriate muscle conditioning exercise that will improve muscle and joint health. By using bodyweight and a variety of exercise tools, your daily activities will become easier to perform. With an improved appearance of your muscle and skin tone, you will look and feel your best.

Chair Yoga

Experience a gentle form of yoga while sitting in a chair or standing using a chair for balance. This class incorporates breathing techniques and will include gentle stretches and poses to build strength and flexibility. You will experience the benefits of yoga poses with the safety and security of a chair.

Aqua-Walk

Improve your walking gait and balance in our heated underwater treadmill pool! Guided walking sessions are led by an Aqua Trainer. Aqua Walk sessions will be held at depths from three to four feet. Limit 4 people per session.

Zumba A fun fitness class that combines dance and fitness moves. Inspired by Latin dance and music. Easy to follow moves that energize your heart and soul.