

## **Deupree House Exercise Classes**

### **More-Than-Chair Aerobics**

Join us for an overall body workout that will get your heart pumping! This class incorporates both seated and standing exercises that utilize hand weights, Therabands, and exercise balls to strengthen and stretch your muscles. We will take our bodies through functional movements to improve posture, balance, and overall well-being.

**Class Times:** M/W/F 9:30-10:15 am

### **Balance Level II**

This class will take you through various movements, patterns, and challenging exercises to strengthen core muscles and improve overall balance.

**Class Times:** M/W/F 10:15-10:30 am

### **Gentle Motion**

Designed for those looking for seated exercise, this class uses hand weights, Therabands, and exercise balls to improve strength and flexibility. Intensity can be as high as you make it.

**Class Times:** M/F 10:45-11:15am

### **Balance Level I**

A beginning level class for those looking to improve balance that need more support.

**Class Times:** M/F 11:15-11:30 am

### **Water Aerobics**

This splash aerobics class will give you a total workout! Set to energizing music, this class will touch on all levels of cardio activity with a variety of stretching, range of motion, strength training, and balance exercises.

**Class Times:** T/TH 9:30-10:15am

### **Water Walking**

This class is designed for those who may not be able to do a full water aerobic class or are working on balance or rehabilitation. Water walking will help you regain your strength and confidence while working on strengthening your muscles through walking in the comfort of water. Even if you are not in rehabilitation from an injury or illness, water walking is a great way to get some exercise and have fun doing so!

**Class Times:** T/TH 10:15-10:45am

### **Ageless Yoga**

This class, suitable for all ages, consists of poses that will help to improve strength, flexibility, joint mobility, coordination, balance and circulation. Each session will include breathing techniques and relaxation exercise, to promote stress reduction and inner peace.

**Class Times:** W 10:45-11:30am.

**Instructor:** Patty Braasch

### **Resident Open Swim**

M/F 9:30-10:15am