



In - Person Classes Are Starting at the Mahany / Meininger Senior Community Center! (Yes, INSIDE!)

Tai Chi Basic

Thursdays, Feb. 4 – March 25, 2021

9:15 – 10:15 am

\$48 C1004W

Tai Chi Basic exercises are for beginning and continuing students. Instructor – Han Hoon Wang

Pilates

Wednesdays, Feb. 3 – March 24, 2021

8:30 – 9:30 am

\$36 C1005W

This basic class emphasizes gradual progression, strict body alignment and exercise form. Instructor - Connie Bazzy.

Chair Exercise

Wednesdays, Feb. 10 – March 17, 2021 10:30 – 11:15 am

\$25 C1033W

Fridays, Feb. Feb. 12 – March 19, 2021 10:30 – 11:15 am

\$25 C1034W

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly seated workout. Bring a water bottle and hand-held weights if you wish. Instructor – Cindy Erlandson.

Chair Yoga

Wednesdays, Feb. 10 – March 17, 2021 12:30 – 1:15 pm

\$25 C1037W

Fridays, Feb. 12 – March 19, 2021

11:30 am – 12:15 pm

\$25 C1038W

It's amazing how much yoga can be done in a chair! We focus on breathing and relaxation, stretching and balance practice. Instructor – Cindy Erlandson.

Healthy Back

Wednesdays, Feb. 10 – March 17, 2021

1:30 – 2:15 pm

\$25 C1018W

This class is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities. Please bring a mat and water. Instructor – Cindy Erlandson.

Zumba Gold Drop-In \$5

No pre-registration necessary

Thursdays, starting March 4, 2021

11:00 am – 12:00 pm

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Dress comfortably; bring water. Instructor - Barb Wolcott

Gentle Yoga w/ Noreen

Classes will resume in the Spring (Mid-March).

Noreen is looking forward to seeing you then!

Covid-19 Screening:

Before entering the Community Center, you will be asked a comprehensive set of questions and have your temperature taken. **Please allow extra time for this before class.**

Masks are required to be worn the entire time you are inside the building.

Remember to keep a distance of at least 6 feet between yourselves.

Your time inside the Center is limited to class time only. Please exit the building to hold conversation after class; we will need the time to sanitize the room before the next class.

Thank you for your patience and cooperation!

We strongly recommend calling to register for your class ahead of time. The public no longer has access to the back office and there will be limited opportunity for you to register on the day of class.