



IMPORTANT NOTICE
"Please register early. Classes that do not have sufficient enrollment will be canceled."

COMMUNITY HEALTH AND FITNESS CLASSES

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Aging Partners Fitness Programs focus on injury prevention and disease. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

Our new fitness center is located at 555 S. 9th St.

The center provides exercise classes and fitness equipment Monday through Friday, 8 a.m. to 4 p.m.

There is a \$10 suggested monthly contribution for age 60 and over and a \$15 fee for people under age 60.

Certified Personal Trainer

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment.

For most classes, there is a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for people under age 60. Punch cards are available.

Preregistration required for all classes.

Health and Fitness education programs air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 5, 10 and 80.

- LNKTV City – 2 and 1300
- LNKTV Health – 3 and 1301
- LNKTV Education – 23 and 1303

Physical Fitness Programs

Exercise for a Lifetime, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance.

Health Education Programs

Staff is available to conduct 30- to 60-minute health education programs for community, church and social groups. A variety of programs have been developed relating to illness and injury prevention, physical activity nutrition and mental wellness.

Chair Tai Chi

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

◇ Aging Partners Fitness Center
 555 S. 9th St.
 Tuesdays, 9:45 to 10:30 a.m.

Dynamic Movement

This unique class blends synchronized dance steps with movements that improve balance, flexibility and core strength. Popular oldies music sets the tone for these fun and easy-to-learn movements. Participants will transition from chair warm-ups to standing dance movements, including circle dance, line dance, forward, back and side-to-side movements. Class will end with a seated cool-down.

◇ **Cotner Center Condominium**
 1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
 Mondays, 2 to 3 p.m.
 June 18 through Aug. 6 (eight-week session)
 Sept. 10 through Nov. 19 (no class Nov. 12)
 (10-week session)

◇ **St. Mark's United Methodist Church**
 8550 Pioneers Blvd. (church gymnasium)
 Thursdays, 3:30 to 4:30 p.m.
 Sept. 13 through Nov. 29 (no class Nov. 22)
 (11-week session)

◇ **Auld Pavilion**
 1650 Memorial Drive
 Tuesdays, 9:30 to 10:30 a.m.
 Sept. 18 through Nov. 27 (11-week session)



Stepping On – Building Confidence

Eastmont Towers, 6305 "O" St.
 Thursdays, 1 to 3 p.m.
 Aug. 2 through Sept. 13

Stepping On is an evidence-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls.

Anyone age 60 and over and has had a fall in the past year or is fearful of falling would benefit from this class. It's designed for people living in a home or apartment and not suffering from dementia.

Feeling Fit Fridays

(Free and open to the public)
 Jayne Snyder Trail Center, 21st and "Q" Sts.
 Fridays, noon to 12:45 p.m.
 June 1 through Sept. 28

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will lead fitness classes we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- **July 20 – Dynamic Movement**
 Instructor: Tracie Foreman
- **July 13, Aug. 10, Sept 7 – Movement and Music**
 Instructor: Ruth Davidson Hahn
- **July 27, Aug. 17 and Sept. 28 – Chair Dance**
 Instructor: Mitzi Aden
- **Sept. 14 – Qigong**
 Instructor: Tracie Foreman
- **Aug. 31, Sept. 21 – Tai Chi – Moving for Better Balance**
 Instructor: LaVonne Elfring
- **July 6 and Aug. 24 – Line Dance**
 Instructor: Tracie Foreman
- **Aug. 3 – Simply Fit**
 Instructor: Tracie Foreman

Fit and Strong

F Street Recreation Center, 1225 "F" St.

Tuesdays and Thursdays

1 to 2:30 p.m.

Aug. 21 through Nov. 8 (12-week session)

These classes are helpful to anyone wanting to become more active; especially people with osteoarthritis. Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a healthier, more active lifestyle without pain. The first hour of class is comprised of exercise, incorporating stretching and flexibility, walking, strength training and balance exercises. The last 30 minutes are spent with health education and group problem solving. Workshop participants report the ongoing support helps them learn ways to deal with symptoms and other problems related to arthritis while incorporating lasting healthy behaviors into their lives.

Celebration of Self for Caregivers

Old Cheney Rehabilitation Center, 5431 S. 16th St.

Friday, Sept. 7

Join us for a half-day of relaxation and renewal. Spaces are limited. Call 402-441-7575 to register for this free event:

- 9 to 9:30 a.m. – Welcome and continental breakfast
- 9:30 to 10:30 a.m. – Laughing Matters with Tracie Foreman. It really does. Laughter can improve circulation and productivity, reduce stress and even help us lose weight. A sense of humor is truly one of our greatest assets.
- 10:30 to 11 a.m. – Relaxation, Guided Imagery and Breathing with Terri Swanson. Terri will teach simple techniques you can continue on your own at home.
- 11 a.m. to noon – The Heart of Forgiveness with Tracie Foreman. To forgive is divine, but not always easy to do. Learn to apply the power of forgiveness in your life.
- Noon to 12:45 p.m. – Light lunch and tours of Old Cheney Rehabilitation Center.

Qigong Refresh and Recharge

Auld Pavilion, 1650 Memorial Drive

Thursdays, 9:30 to 10:30 a.m.

Sept. 13 through Nov. 29 (no class Nov. 22)

(11-week session)

This ancient, meditative practice focuses on slow, gentle movements that help to relieve aching muscles and stiff joints, improve balance and flexibility, and increase energy. Movements begin from a chair, move to standing forms and close with seated stretches and stimulating breathing exercises. This class is appropriate for all ability levels.

Tai Chi – Continuing 24 Form

Cotner Center Condominium, 1540 Cotner Blvd.

Mondays, 1 to 1:30 p.m.

June 18 through Aug. 6 (eight-week session)

Sept. 10 through Nov. 19 (no class Nov. 12)

(10-week session)

This class is suggested for those who have completed the 24 Form instructional classes.

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is \$2 per class or \$4 per week.

◇ F Street Community Center, 1225 "F" St.

Tuesdays and Thursdays, 10:30 to 11:30 a.m.

Sept. 11 through Dec. 4

◇ Eastridge Presbyterian Church, 1135 Eastridge Drive

Mondays and Thursdays

1:30 to 2:30 p.m.

Sept. 17 through Dec. 13 (no class Nov. 12 and 22)

Chair Dance

Auld Pavilion, 1650 Memorial Drive

Thursdays, 11 a.m. to noon

Sept. 13 through Nov. 29 (11-week session)

(no class Nov. 22)

This chair dance exercise class includes aerobic activity that burns calories, works the heart muscle and is appropriate for almost any fitness level. Movements will be done seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.

Beginners 8 Form

Tai Chi for Balance and Fall Prevention

Auld Pavilion, 1650 Memorial Drive

Tuesdays, 10:45 to 11:45 a.m.

Sept. 18 through Nov. 27 (11-week session)

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

◇ East Lincoln Christian Church, 7001 Edenton Road

Fridays, 11 a.m. to noon

July 13 through Aug. 31 (eight-week session)

Sept. 14 through Nov. 30 (no class Nov. 23)

(11-week session)

◇ Eastridge Presbyterian Church, 1135 Eastridge Drive

Wednesdays, 1:30 to 2:30 p.m.

Sept. 5 through Nov. 21 (12-week session)

