

# Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

## Chair Yoga

Chair yoga is one of the most gentle 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  
April 26 through July 12
- Eastridge Presbyterian Church, 1135 Eastridge Drive  
Wednesdays, 1:30 to 2:30 p.m.  
May 1 through July 17

## Tai Chi – Continuing 24 Form

**Cotner Center Condominium, 1540 Cotner Blvd.**

Mondays, 1 to 1:30 p.m.

May 6 through July 29 (no class May 27)

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

## 24 Form Tai Chi - New

**F Street Recreation Center, 1225 F St.**

Tuesdays, 6 to 7 p.m.

April 2 through May 21

Tai Chi practice focuses on low impact, mildly aerobic movements that include stretching, balance and meditative forms suitable for most levels of ability. Instructor Chet Kincaid loosely bases her 30-year practice on Helen Tao's version of Chen Man-Chiing's Tai Chi 24 forms.



## Diabetes Self-Management Workshop

**Hillcrest Firethorn Health Services**

8601 Firethorn Lane

Tuesdays from 1 to 3 p.m.

April 16 through May 21

This workshop is offered at no cost but a suggested contribution of \$4 per class is appreciated!

This is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes, including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self-confidence.
- Feel better and take charge.

## Stepping On – Building Confidence and Reducing Falls

**The Knolls Senior Living Community**

5801 Norman Road (The Carson Room)

Tuesdays, 1 to 3 p.m.

June 4 through July 16

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. You will learn the most up-to-date information about fall prevention. Topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

## UNMC Health Clinic Downtown Center

**1005 "O" St., lower level**

Osteoporosis screenings are not available at the Downtown Clinic.

**Schedule:** Thursdays from 9:30 a.m. to 1:30 p.m.  
May 16 and 30 June 13 and 27

**Foot care only during May and June.**

*A \$15 suggested contribution will help us continue to provide services.*

For details on these clinics,  
call 402-441-7575.



## UNMC Health Clinic Vermeer Education Center

**4000 S. 84th St., (north of St. Mark's Church)**

**Schedule:** Wednesdays from 9:30 a.m. to 1:30 p.m.  
May 15 and 29 June 12 and 26

**Foot care only during May and June.**

*A \$15 suggested contribution will help us continue to provide services.*

For details on these clinics,  
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# Community Health and Fitness Classes

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## Aging Partners Fitness Center

555 S. 9th St.

Monday through Friday from 8 a.m. to 4 p.m.

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. \$10 suggested monthly contribution for age 60 and over and family caregivers of any age. \$15 fee under age 60.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes. Please register early. Classes that do not have sufficient enrollment may be canceled.

## New for Family Caregivers

It is important that family caregivers remember to take good care of themselves. One of our certified personal trainers or instructors will assist you in developing a home-based exercise program to meet your needs. Appointments can be set up at a time and location convenient for you. We also encourage caregivers to take advantage of our fitness center and classes.

## Chair Tai Chi

St. Paul United Methodist Church

1144 "M" St. (dining room)

Tuesdays from 9:30 to 10:15 a.m.

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.

## Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help 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 breath exercises. This class is appropriate for individuals at all levels of ability.

- Cotner Center Condominium  
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)  
Mondays from 10 to 11 a.m.  
May 6 through July 29 (no class May 27)
- Auld Pavilion, 1650 Memorial Drive  
Thursdays from 9:30 to 10:30 a.m.  
Feb. 7 through May 28

## Dynamic Movement Classes

Each class focuses on balance, strength and flexibility through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance, then cool down with standing and seated movements.

- Cotner Center Condominium, 1540 N. Cotner Blvd.  
Mondays from 2 to 3 p.m.  
May 6 through July 29 (no class May 27)
- St. Mark's United Methodist, 8550 Pioneers Blvd. (Gym)  
Thursdays from 3:30 to 4:30 p.m.  
May 9 through July 25 (no class July 4)
- Auld Pavilion, 1650 Memorial Drive  
Tuesdays, 9:30 to 10:30 a.m.  
Feb. 5 through May 28

## New - Movement with Mitzi

Auld Pavilion, 1650 Memorial Drive

Wednesdays, 1:30 to 2:15 p.m.

April 3 through May 29

Mitzi Aden, certified Personal Trainer and Fitness Instructor will lead this fun series of classes designed to bring a mix of creative movements to different types of exercises.

- May 15 - A fun class where we use balls and bands to improve flexibility and strength and tone muscles.
- May 1 and 22 - This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.
- May 8 and 29 - Exercises in this class are based on concepts from Aging Backwards. They are geared toward lengthening and strengthening muscles. Some movements can be done on the floor for those who chose to. Please bring a mat if you would like to do some floor work.

## 8 Form Tai Chi

Eastridge Presbyterian Church, 1135 Eastridge Drive

Tuesdays, 3 to 4 p.m.

June 4 through August 20

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