

Active Older Adult Class Schedule

March 1 - April 30, 2019

Note: a special schedule will be posted for Spring Break: March 22 - March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am - 9:00 am Gentle Yoga Sheila	10:30 am - 11:15 am (B) Qi Gong Liza	11:00 am - 11:50 am Ai Chi Canella	8:00 am - 9:00 am Gentle Yoga Marlene	10:30 am - 11:20 am Chair Yoga Audrey 	9:30 am - 10:30 am Stride, Strength, Stretch Dale	
11:00 am - 11:50 am Ai Chi Kris	11:30 am - 12:30 pm Strength & Balance Dale	11:30 am - 12:20 pm Heart Plus Toning Kris	11:30 am - 12:45 am Restorative Yoga Marlene	10:40 am - 11:35 am Therapeutic Ballet Werner	11:00 am - 12:00 pm Aqua Yoga Canella	
11:00 am - 12:00 pm Yoga Basics Liza	1:00 pm - 2:15 pm Restorative Yoga Amy W.	1:00 pm - 2:00 pm Chair Yoga Susan S.	11:35 am - 12:30 pm Strength & Balance Dale	11:00 am - 11:50 am Ai Chi Mary	11:30 am - 12:45 am Restorative Yoga Marlene	
11:15 am - 12:00 pm (B) Chair Yoga Audrey		5:15 pm - 6:15 pm Adult Ballet Werner	1:15 pm - 2:00 pm (B) Tai Chi Tom	11:30 am - 12:20 pm Heart Plus Toning Werner		
12:10 pm - 1:00 pm Heart Plus Toning Audrey						

General class information

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

Studios are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

For more information, contact Amy Rosales at 847.535.7632.

- Therapy Pool
- Main Studio
- Banquet Room
- Mind/Body Studio
- Track

Special Notes

Chair Yoga begins 3/8/19

Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7000

lakeforesthfc.com

Class Descriptions

Adult Ballet

Develop muscle tone, core strength, balance and grace. Ideal for those who are ex-dancers and those with no dance experience.

Ai Chi

Similar to Tai Chi, Ai Chi is performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility, and experience the deep relaxation that promotes sleep.

Aqua Yoga

Yoga in the water is an exciting way to begin or continue your yoga practice. Exercises consist of mostly standing postures (head stays above water) presented with props and modifications, making the practice of yoga accessible to all.

Chair Yoga

This is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Gentle Yoga

Yoga exercises are for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

Heart Plus Toning

Focuses more on strength and cardio exercises to strengthen your muscular and vascular systems.

Restorative Yoga

This class is slow and meditative, linking slower movements, alignment and breath work. Class is ideal for beginners, those returning to exercise or for participants with minor injuries.

Soft Tai Chi/Qi Gong

This class emphasizes energy awareness and movement through traditional Qi Gong exercises. Class participants will be working towards a portable self practice.

Strength & Balance

Improve your posture, balance and flexibility. Class consists of light strengthening with exercise bands, free weights, stretching and relaxation exercises.

Stride, Strength & Stretch

This class will meet up on the track, and combine walking for cardiovascular conditioning with intervals of upper and lower body strength exercises using weights, bands, etc. The class will finish with stretching exercises for a total body workout.

Tai Chi

Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of mind/body relaxation.

Therapeutic Ballet

In this class, grace, posture and movement come together. This class consists of classical barre work and floor routines to classical music with soft energy.

Yoga Basics

The beginners class works on basic poses (asanas) and flows with attention to alignment and breath awareness.