

Daily Programs:

MONDAY

9:00 Flex Fit & Tone
10:00 Exercise Tape
10:00 Cards
10:00 Crafting Crew
11:00 Women's Discussion
12:00 Lunch
1:00 Yoga

TUESDAY

9:00 Morning Meditation
10:00 Cards
10:00 Art
10:15 Chair Pilates
10:30 Current Events/Hot Topics
12:00 Lunch
1:00 Chair Yoga (NEW TIME)
1:00 Poker
2:15 Tai Chi/Qi Gong

WEDNESDAY

9:30 Zumba Gold
10:00 Cards
10:45 Fitness Fury
11:30 Crafting Crew
12:00 Lunch
12:00 Mah Jong (NEW)
1:00 Yoga (NEW TIME)
2:15 Broadway Burn (NEW)

THURSDAY

10:00 Cards
10:30 Spanish Lessons (NEW)
12:00 Lunch
1:00 Chair Yoga (NEW TIME)
2:30 Strength Training
3:00 Password

FRIDAY

8:30 Walking Club (NEW)
9:30 Fitness Fury
10:30 Exercise Tape
10:00 Cards
10:30 Quilting/Sewing
12:00 Knitting/Crochet
1:00 Canasta
1:30 Line/Country Dancing

Flex, Fit and Tone w/Claudia

Monday @9:00am

This is a conditioning class using your weights, bands and balls to strengthen and stretch your entire body.

Yoga w/Eileen

Monday and Wednesday @1:00pm

Focus on stretching, strengthening, breathing and listening to your body in a peaceful state.

Chair Yoga w/Eileen

Tuesday and Thursday @1:00pm

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous!

Morning Meditation w/Claudia

Tuesday @9:00-10:00am

This is a great way to start the day. Meditation can reduce stress, helps cardiovascular & immune health, improves concentration, slows aging, increases happiness, health & self-awareness. There are many ways to meditate.

Chair Pilates w/Claudia

Tuesday @10:15am

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements.

Qi Gong w/Audra

Tuesday @2pm

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

Zumba Gold w/Naida

Wednesday @9:30am

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Fitness Fury w/Chris

Wednesday @10:45-11:30am Fridays @9:30am

Please note: Starting September 4th Chris will be your instructor for both Wednesdays and Fridays!

This program's purpose is to bring uniquely designed energetic fitness programs to individuals while creating social interactions that will build healthy life style changes.

NEW! Broadway Burn w/Matthew

Wednesday @2:15pm

Fun and heart-pounding cardio stretch class that incorporates Broadway jazz and musical theater patterns in an easy to follow work out set to your favorite show tunes from Television, Movies, and of course Broadway. This class is geared to seniors and includes chair work to achieve the same muscle activation without the need to stabilize as much and to create an even lower impact class.

Strength Training w/Claudia

Thursday @2:30pm

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher.

Line/Country Dance w/Jill

Friday @1:30pm

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, and executing the steps at the same time.

NEW! Walking Club

Friday @8:30am-9:15am

Share the walking experience around the Fairfield Campus with fellow seniors. Other area Senior Centers will also join from time to time! Some of the benefits include stronger bones and improved balance, increased muscle strength, and endurance.