



All exercise classes are open to Monroe residents (proof of residency) ages 60 years or older. Before beginning any exercise regimen, a doctor's note is required (specifying limitations --if any). Instructors can modify activities. Please wear proper footwear, comfortable clothing and stay hydrated with water. Please see Ann Marie, Director, in the office with the above paperwork and we can figure out a strategy if you are a beginner. All levels are welcome!

Yoga **Mondays 9:30-10:30**

Promotes flexibility, balance, strength and relaxation through various postures and breathing

Stretch **Mondays 10:30-11:30**

Using various mediums: weights, dyna-bands, and your own inertia to get the muscles and blood flowing

Aerobics **Tuesdays 9:30-10:30 & Wednesday 9:30-10:30**

Promotes cardiovascular health by increasing your heart rate using various mediums

Meditation **Tuesdays 10:30-11:30**

Deep breathing exercises, relaxation techniques in combination with some yoga movements

ZUMBA **Tuesdays 11:30-12:15**

Fast moving dancing class combined with a motivating Latin/hip-hop beat

Osteo-Weight Class **Wednesdays 10:30-11:00 & Fridays 9:30-10:30**

Using light hand and leg weights to strengthen bones rather than build muscle. Some weights are available to borrow.

Stretch Yoga **Fridays 8:45-9:30**

Combines two classes: stretching movements and chair yoga. Great way to start the day.

Aerobics **Fridays 10:30-11:30**

Get your heart rate up through movement, marching, works all parts of your body with great music