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). We do not turn anyone away if there is a limitation(s) but the instructors may simply need to modify an exercise. 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!

**Chair Aerobics with Diane**  **MONDAYS 9:15 am - 10:00 am**
Get your heart rate up through movement, marching, works all parts of your body with great music.

**Fire & Flow Fitness with Tamara**  **MONDAYS 10:15 am – 11:00 am**
A well-rounded workout that includes dance, movement, flexibility, and strength training set to an eclectic mix of mid and up-tempo beats.

**Yoga with Gabby**  **MONDAYS 11:15 am – 12 noon**
Promotes flexibility, balance, strength and relaxation through various postures and breathing.

**Meditation & Movement with Dana**  **TUESDAYS 8:30 am – 9:15 am**
Experience guided meditation, proceeded and followed by gentle movement to relax and reawaken the body.

**Stretch with Marty**  **TUESDAYS 9:30 am -10:15 am**
Promotes cardiovascular health by increasing your heart rate using various mediums.

**Osteo-Weight Class with Marty**  **TUESDAYS 10:30-11:15 am**
Using light hand and leg weights to strengthen bones rather than build muscle. Please bring your own hand weights - 2lbs (women) 5lbs (men)

**Balance & Flexibility with Dana**  **WEDNESDAYS 8:30am – 9:15 am**
Improve balance and flexibility and increase range of motion with seated and standing options. Movements are inspired by yoga asana.

**Fire & Flow Fitness with Tamara**  **WEDNESDAYS 9:30 am – 10:15 am**
A well-rounded workout that includes dance, movement, flexibility, and strength training set to an eclectic mix of mid and up-tempo beats.

**Yoga with Dawn**  **THURSDAYS 9:45 am - 10:30 am**
Promotes flexibility, balance, strength and relaxation through various postures and breathing.

*Please note: Class sizes may be limited, body temperature will be taken upon sign in and we are still adhering to social distancing & facial covering. Thank you for caring about the health and safety of our participants and staff.*

*Updated 9/2021*