

## Fitness

Daily fitness classes are on a first come, first served basis.

**Active Aging** – This seated class will include strength and cognitive training as well as basic cardiovascular exercises. This class is perfect for those who cannot stand for extended periods of time, those who are recovering from physical challenges and those new to exercise.

**Balance Basics Bootcamp** – We will work on tasks that encourage, promote and challenge your balance. Work through each of our balance stations in a safe, supportive environment. Join us anytime! Meets in the conference room upstairs.

**Barre.lattes!** – Focusing on core and leg strength, this class will use the barre in the group fitness studio for basic toning, strength, balance and stretching exercises. We will also work on core strength through Pilates based movements using balls, bands and rings. We may move to the floor for various exercises, but a chair option will be available as well.

**Beat. Drum. Boogie!** – So much fun you will forget its exercise! We use the large fitness balls as drums to boogie our way to fitness. No experience needed.

**Brains, Balance & Beyond** – This class will include movement focusing on balance skills, as well as 30 minutes of seated brain work via audio visual slides and hand-eye-brain coordination. Attendees must be able to walk without assistance to attend this class. Class attendance is limited to one time per week.

**Ch.oga (chair yoga)** - Come and enjoy this gentle form of yoga. We'll incorporate breathing exercises, yoga postures and relaxation while seated in your chair.

**FLEX.ABLE** – Let's work on total body flexibility and good posture from a seated position. Various props may be used including straps, balls and bars. All levels are welcome!

**FLOW (yoga)** – This yoga class will be taught in a flowing format. Postures will move from one to another and may include moving from the floor to a standing position several times during class. Modifications will be shown and encouraged. Class will end with relaxation. Please bring your yoga mat.

**Get Up and Go** – This interval style class includes both cardio and strength training, as well as balance and cognitive work. Hand weights, balls and resistance bands may be used. Class is taught 50% standing, 50% seated, although attendees may stand/sit at any time.

**Golden Arches** – Join our outdoor walking group during warm weather months.

**Let's Dance** – Shake, shimmy, rock and mambo your way through this dance class! All levels welcome, including those with no dance experience!

**Mindful Moments** – This 30 minute guided relaxation/meditation class will start and end with seated gentle stretches. Soft music and a guided meditation will focus on relaxing and healing the body, mind, spirit. Cell phones must be in the OFF-MUTE position for this class.

**Move It-Muscle** – This 45 minute class will focus on strength training with the use of bands, hand weights, balls, body weight and the barre. Participants MAY be on the floor for some exercises.

**Lotsa Line Dances** – Let's learn new choreographed line dances and have fun with the oldies as well!  
Mondays: Beginner-Intermediate, Tuesdays: Intermediate-Advanced.

- Move IT!** – This 45 minute class will include both cardio and strength training intervals. You will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills.
- Punch A Bunch** – Cardio Kickboxing inspired (no contact), with a bit of balance and core work thrown in. This class will challenge your cardiovascular system! This is a standing format.
- Reflections Yoga** – Strength and flexibility will be developed through yoga postures that may include those on the floor. There will be short breaks to allow for rest and refocus. Class is taught through segments of work rather than a flow. Please bring your yoga mat. Class will end with relaxation.
- Simply Yoga** - If you're new to yoga or just starting to practice, this beginner class is for you! Participants will be introduced to yoga postures through step-by-step verbal cues and demonstration. Participants should bring a yoga mat to class. You must be able to get down to and up from the floor.
- Station 2 Station** – A circuit class in the FITNESS CENTER. Attendees will rotate through 12 stations that include both cardio and strength. 90 seconds of work, followed by 30 seconds of rest and reset time. Participants must have completed a fitness center orientation PRIOR to attending this class.
- Tai Chi Chuan** – This class combines balance and strength enhancing exercise with comprehensive self-defense moves. This is a gentle approach to the “original Tai Chi”. This class is a standing format.
- Tai Chi for Arthritis** – This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and quality of life.
- Tai Chi for Better Balance** – An exercise program focusing on mind and body. It involves slow, gentle movements, deep breathing and meditation. This is a standing exercise class.
- Walking for Better Balance** – Walk your way to better balance! All fitness, mobility levels welcome. Walk at your own pace as we practice specific movements that have been proven to improve overall balance.
- Yo-Chi-Med** – This seated format includes chair yoga, Tai Chi and Meditation. Reduce chronic pain, gain flexibility and mental focus in a supportive environment.
- Zumba Gold** – This calorie burning dance fitness party is exercise in disguise! This class is low impact with no jarring movements. Let the Latin and world rhythms take you over!

## Cards and games

### Join in anytime.

- Bid Euchre** – A variation on the card game Euchre. Open to all, but availability is based on number of players and groups present.
- Billiards** – Open to all on a drop in basis. Tables, pool sticks and equipment provided.
- Bingo** – A game of chance in which players mark off numbers on a card as they are randomly called. Lots of winners and prizes.
- Chess and Checkers** - All levels of players are welcome to play.
- Hand and Foot** – A card game in which a player has to get rid of all their cards. This game is a variation of Canasta, a type of rummy.
- Intermediate Bridge** – For intermediate level players. Open to all, but availability is based on number of players and groups present.
- Pickle ball** – Is a racquet sport that combines elements of badminton, tennis and table tennis. Our outside court and equipment are available to all participants. Sign out equipment at the front desk.

**Pinochle** – A classic two or more player game. Players score by taking tricks and forming combinations of cards into melds.

**Standard American Bridge** – The most common form of bridge. Open to all, but availability is based on number of players and groups present.

**Table Tennis** – Open to all level of players. Tables, balls and paddles are provided. Please check calendar for scheduled times.

## Education and socialization

**Book Club** – This group meets twice a month to discuss a book that the whole group reads. Come enjoy great books and stimulating discussion.

**Friday Friends** – Are you new to the area, newly retired or just in need of some new friendships and socialization? This group meets every Friday to share life experiences, make new connections and plan social activities that take place outside the Senior Center.

**History Class** – College professors give interesting lectures on a wide-variety of historical and political science topics. Come and expand your world.

## Art, Music and More

**Activities are offered on a rotating basis. Please check newsletter for current offerings.**

**All classes listed below require pre-registration and material/equipment fees for each seven week session.**

**(\*Indicates classes that do not require pre-registration or fees.)**

**Advanced Hand Building** – Build on your current hand building skills. Must have completed Beginning Hand building.

**Beginning Hand Building** – Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln.

**Beginning Sewing** – This is for the true beginner! Learn about the machine and the basics of sewing.

**Ceramics** – Get creative with ceramics. Materials for your first piece are provided. An instructor is available to help you with your projects.

**China Painting** – Use your creativity by painting on china. We provide paint and your first china piece. An instructor is available to help you with your projects.

**\*Crochet/Knitting for a Cause** – Participants crochet hats and lap quilts for area Chemo-therapy patients. No experience necessary. Patterns and instruction will be provided.

**Djembe Drumming** – Learn basic hand drumming on the Djembe drum. No experience necessary.

**Drawing** – Basic drawing experience and knowledge suggested.

**Eat. Weigh. Move** – Learn to eat healthy, move more and meet your weight loss goals with this interactive workshop.

**Experimental Acrylic Pouring** Create five or more abstract original paintings utilizing unconventional methods. No prerequisites.

**Glass Mosaic Tile** – Create a decorative art piece using glass tiles. No experience needed.

**Instant Artist** – Are you interested in painting but have no experience? This is the class for you! Join us with instructor Rose for step-by-step instructions on painting a masterpiece in one sitting.

**Italian Majolica Ware**– Painting with stains on white opaque food safe glaze. Prior painting experience preferred.

**\*Open Art Studio** – Open studio time is available to work on individual painting and drawing projects. Please bring your own supplies.

**Open Pottery Studio** – Students must have completed Pottery I or Hand building I to get the extra practice you need in this open studio. Attendance is limited to one time per week per person.

**Piano I** – If you ever wanted to play the piano but never did or stopped playing as a child, this is the class for you! Come and learn the basic piano skills and have fun doing it!

**Piano 2** – Build on the skills you learned in Piano I. Must have completed Piano I before taking this class.

**Pottery I**– Come and learn how to make pottery using clay and a pottery wheel. You will learn how to “throw”, form and glaze your very own piece of pottery.

**Pottery II**– This is a continuation of beginning pottery. Come advance your skills and learn new ones. Students must have taken beginning pottery to sign up for this class.

**Water Color** – Learn various water color techniques.

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