AGING PARTNERS
A Pioneering Area Agency on Aging

Please register early. Classes that do not have sufficient enrollment will be cancelled.

Community Health and Fitness Classes

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Aging Partners Health and Fitness focus on injury prevention and disease. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The fitness center, located at 233 S. 10th St., also provides exercise classes and fitness equipment.

For most classes, there is a $4 per class suggested contribution for age 60 and over or a $5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes.

Certified Personal Trainer

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. There is a $10 suggested monthly donation for age 60 and over and a $15 fee for under age 60.

— NEW, beginning August 1 —

Health and Fitness education programs will air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 5, 10 and 80.

LNKTV City – 2, 1300, 5

LNKTV Health – 3, 1301, 10

LNKTV Education – 23, 1303, 80

Physical Fitness Programs

Exercise for a Lifetime, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance.

Health Education Programs

Staff is available to conduct 30 to 60 minute health education programs for community, church and social groups. A variety of programs have been developed relating to: illness and injury prevention, physical activity nutrition and mental wellness.

Chair Tai Chi

Aging Partners
Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

Living Well – Take Control of Your Health

(six-week session)

This evidence-based program developed at Stanford University over 20 years ago is designed to help participants improve self-management of their daily health and be the best they can be. It helps people take control of their health using small steps toward positive changes and healthier living. People with ongoing health conditions and those wanting to maintain and improve their health can benefit this workshop.

◊ **F Street Recreation Center**
1225 "F" Street
Mondays, 1 to 3 p.m.
Aug. 21 through Oct. 2 (no class Sept. 4)

Contemporary Yoga

This renewing practice uses body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.

◊ **Cotner Center Condominium**
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 9 to 10 a.m.
Sept. 11 through Oct. 30 (eight-week session)
Nov. 6 through Dec. 18 (seven-week session)

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

◊ **Cotner Center Condominium**
1540 Cotner Blvd. (use Cotner Blvd. entrance)
Mondays, 1 to 1:30 p.m. *(Please note new time.)*
Sept. 11 through Oct. 30 (eight-week session)
Nov. 6 through Dec. 18 (seven-week session)

◊ **Auld Recreation Center**
1650 Memorial Drive
Fridays, 10:15 to 10:45 a.m.
Sept. 15 through Nov. 3 (eight-week session)
Nov. 10 through Dec. 22
(six-week session – no class Nov. 24)

Tai Chi – Moving for Better Balance

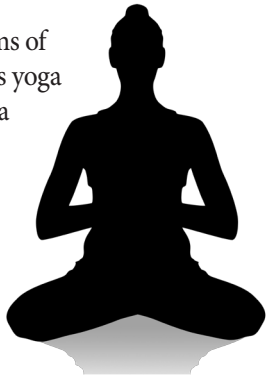
Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Preregistration is required. Suggested contribution is $2 per class or $4 per week.

◊ **F Street Recreation Center**
1225 "F" St.
Tuesdays and Thursdays
10:30 to 11:30 a.m.
Sept. 12 through Dec. 5 (no class Nov. 23)

◊ **Gateway Vista**
225 N. 56 St.
Tuesdays and Thursdays
1:30 to 2:30 p.m.
Sept. 19 through Dec. 12 (no class Nov. 23)

Chair Yoga



Chair yoga is one of the most gentle forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done while sitting or using the chair for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

◊ **Vermeer Education Center**
4000 S. 84th St., (located north of St. Mark's)
Wednesdays, 3 to 4 p.m.
Sept. 13 through Nov. 1 (eight-week session)
Nov. 8 through Dec. 20 (six-week session)

◊ **East Lincoln Christian Church**
7001 Edenton Road
Fridays, 11 a.m. to noon
Sept. 15 through Nov. 3 (eight-week session)
Nov. 10 through Dec. 22 (six-week session – no class Nov. 24)

Beginners Tai Chi for Balance and Fall Prevention Class – Basic 8 Form

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

◊ **Auld Recreation Center**
1650 Memorial Drive
Thursdays, 9 to 10 a.m.
Sept. 14 through Nov. 2 (eight-week session)
Nov. 9 through Dec. 21 (six-week session – no class Nov. 23)

Movement and Music



Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression, improves flexibility, strength, balance and endurance, and reduces the risk of dementia.

◊ **Auld Recreation Center**
1650 Memorial Drive
Thursdays, 10:30 to 11:45 a.m.
Sept. 14 through Nov. 2 (eight-week session)
Nov. 9 through Dec. 21 (six-week session – no class Nov. 23)

Dynamic Movement Classes

Each class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

◊ **St. Mark's United Methodist,**
8550 Pioneers Blvd. (church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
Sept. 14 through Nov. 2 (eight-week session)
Nov. 9 through Dec. 21 six-week session – no class Nov. 23)

◊ **Cotner Center Condominium**
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Sept. 11 through Oct. 30 (eight-week session)
Nov. 6 through Dec. 18 (seven-week session)

Traditional Tai Chi – 24 Form

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

◊ **Auld Recreation Center,** 1650 Memorial Drive
Fridays, 9 to 10 a.m.
Sept. 15 through Nov. 3 (eight-week session)
Nov. 10 through Dec. 22 (six-week session – no class Nov. 24)

Active Living Every Day

Coming in September a free workshop offered by Aging Partners and Lincoln Parks and Recreation.

Learn how enjoyable physical activity can be, even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. House cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. They learn from and support one another in their efforts to improve and maintain good health. *Life's a hit when you're feeling fit!*