

# Exercise Classes & Fitness Schedule at FiftyForward Madison Station

Unless otherwise indicated, classes and activities are included with membership.

<b>Mondays:</b> 9 a.m: Yoga, \$5 12:30 p.m: SilverSneakers Circuit 1:45 p.m: SilverSneakers Stress Reduction & Breathing	<b>Tuesdays:</b> 10 a.m: SilverSneakers Classic	<b>Wednesdays:</b> 9 a.m: Yoga, \$5 10 a.m: SilverSneakers Yoga Stretch 12:30 p.m: SilverSneakers Classic	<b>Thursdays:</b> 10 a.m: Tai Chi, \$5 12:30 p.m: SilverSneakers Classic 1:45 p.m: Gentle Yoga, \$2	<b>Fridays:</b> 9 a.m: Yoga, \$5 11 a.m: Qigong 12:30 p.m: SilverSneakers Classic
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## Class Descriptions:

**Yoga:** Uses standing and floor yoga poses. Led by Stephen North. \$5 per class. *Fitness Center.*

**SilverSneakers Circuit:** Offers standing low-impact moves that alternate with standing upper-body strength. Can be adapted for all fitness levels. *Activity Room.*

**SilverSneakers Stress Reduction & Breathing:** Chair yoga that focuses on reducing stress & breathing techniques. *Activity Room.*

**SilverSneakers Classic:** Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises or standing support. *Activity Room.*

**SilverSneakers Yoga Stretch:** Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. *Activity Room.*

**Tai Chi:** Embraces mind-body-spirit. Series of movements are performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. Improves balance, flexibility and overall health. Led by Billy Smith. \$5 per class. *Fitness Center.*

**Gentle Yoga:** Uses seated and standing yoga poses. Led by Lisa Cotton. \$2 per class. *Activity Room.*

**Qigong:** Chinese moving meditation that is great for exercise and relaxation. Led by Cyndi Clark. *Fitness Center.*

**Line Dancing:** Great for beginners! Their main goal is to have fun. Led by Sandra Hardcastle. *Activity Room.*

## Our fitness rooms feature new cardio & strength-training equipment!



**Cardio Training**—Treadmills, ellipticals, stationary bikes, rowing machines, hand bike.

**Strength Training**—Stationary weight machines, free weights, and more.

**\*Take a lap! Four laps around the outside edge of our parking lot equals one mile\***



## Groups, Clubs, Games and More!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bingo</b> - 1st Monday @ 1 p.m. <b>Quilting</b> - Noon <b>Red Hats</b> - 2nd Monday @ 10:30 a.m. <b>Second Sight</b> - 2nd & 4th Monday at 9 a.m. <b>Grief Support</b> - 1st & 3rd Monday @ 10 a.m.	<b>Bunco</b> - 1st Tuesday @ 10 a.m. <b>Reminisce</b> - 1st Tuesday at 1 p.m. <b>Music Jam</b> - 1 p.m. <b>Travelous Trippers</b> - 3rd Tuesday at 1 p.m. <b>Bingo</b> - 4th Tuesday at 1 p.m.	<b>Crochet</b> - Noon <b>Ping-Pong</b> - 10 a.m. <b>Mexican Train Dominoes</b> - 11:30 a.m. <b>Silver Notes Band</b> - 1 p.m.	<b>Knitting</b> - Noon <b>Loose Caboose</b> - 1 p.m. <b>Ping-Pong</b> - 8 a.m. <b>Karaoke</b> - 2nd Thursday @ 12:30 p.m. <b>Dementia Support</b> - 1st Thursday at 10 a.m.	<b>Music Jam</b> - 2nd & 4th Fridays at 1 p.m. <b>Wisdom Writers</b> - 1st & 3rd Fridays at 10 a.m.

**Crochet:** Bring an "H" needle & yarn. Paulette can show you the basics of crochet. *Classroom 2.*

**Grief Support:** A support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. Facilitated by Adam Waltenbaugh, Masters in Counseling, Vanderbilt. *Conference Room.*

**Karaoke:** DJ Dottie Dillard leads this fun gathering. Come sing or just listen and be entertained in the company of friends. Door prizes! *TV Room.*

**Knitting:** Bring your knitting needles and yarn. *Classroom 2.*

**Loose Caboose:** A Reader's Theater - you don't have to worry about memorizing lines - just having fun! *Classroom 1.*

**Music Jam:** Bring your voice, instrument or listening ears for a jam session. per class. *Multi-Purpose Room.*

**Piano & Voice Lessons:** Friday mornings. Taught by Geno Haffner. \$15/30 minutes. Call Geno at 615-310-4579 to schedule. *Retreat 2.*

**Quilting:** Bring your materials! *Classroom 2.*

**Red Hat Society:** Join the ladies for lunch in red and purple gear. \$24 yearly dues. Marilyn Tidwell, Queen. *Conference Room.*

**Reminisce:** Go back in time with Nancy & Larry McDougal. Door prizes! *Conference Room.*

**Second Sight:** Get-together with other visually-impaired community members. *Classroom 1.*

**Silver Notes Band:** Kim Yearwood leads this 16+ big band and they perform all over Nashville. New members always welcome! *Multi-Purpose Room.*

**Travelous Trippers:** Plan a monthly trip after Tasty Tuesday. Must be present at meeting to get first dibs on signing-up. *Social Room.*

**Wisdom Writers:** Join others in Life Story and other writing. *Conference Room.*

