

River Grove Senior's Friendship Club

Welcome to Seniors Fitness Class 2020

1. The general makeup of the class involves a warmup, some cardio activity that will raise your heart rate, warm up your muscles as well as your awareness as to how well you move.
2. We follow the cardio component with some strength and balance activities and end with a stretch cool down.
3. The *main focus* of this class is to improve and/or maintain your abilities to perform YOUR activities of daily living - whatever they may be. Some of those activities may include *laundry, gardening, shopping, driving, vacuuming, cooking, making beds, cleaning floors, bathrooms, shovelling snow, caring for loved one*. This list could be endless.
4. Regardless of the activities that fill up your day and your life, being able to move efficiently, mindfully and with greater ease, balance and strength will serve you in the following ways:
 - improved awareness of how your body moves and/or could move.
 - improved balance and coordination.
 - improved muscular strength and endurance.
 - improved cardiovascular strength and endurance.
 - improved flexibility and range of movement.
 - Increased knowledge of your own body - how it feels before and after exercise and
5. why that is important.
 - ALL of the above HELP in FALL PREVENTION !
6. There are many, many more benefits to increasing or maintaining an active lifestyle.
 - controlling blood pressure.
 - helping to maintain a healthy weight.
 - FEELING EXTREMELY GOOD ABOUT YOURSELF IS A MAJOR SIDE EFFECT !

Will it be too hard ? I try my best to offer everyone who participates options that will make class comfortable to their abilities yet challenging enough to see improvements along the way.

If you've found you need a little 'extra' push in the New Year to get you back being a bit more active then I encourage and invite you to come out and try a little fitness class on for size.