



A Pioneering Area Agency on Aging

Feeling Fit Classes

Jane Snyder Trail Center
21st and "Q" streets

Fridays from noon to 12:45 p.m.
June 2 through September 1, 2017.

Free and open to the public.

June 2 and July 7, 14, 21 and 28

Movement and Music

Instructor: Ruth Davidson Hahn

Join us in this new class that explores elements of dance in a no-pressure, social environment where music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is 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.

June 16 and August 18

Dynamic Movement

Instructor: Tracie Foreman

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

June 9

Chair Tai Chi

Instructor: Tracie Foreman

This relaxing yet energizing class 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. It's surprising how effective movement from or near a chair can be.

June 23 and September 1

Qigong

Instructor: Tracie Foreman

Qigong movements work with the body, breath, mind, and subtle energies to attain health, vitality and longevity. These light exercises are fun and easy to learn. You will leave feeling energized and refreshed.

June 30, August 4 and 25

Fit Mix

Instructor: Tracie Foreman

This eclectic class incorporates movements from dance, yoga, tai chi and qigong. It is a fun and interesting way to incorporate physical activity into your day.

August 11

Tai Chi - Moving for Better Balance

Instructor: LaVonne Elfring

This 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.



Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.