

Class Schedule

Monday: Tai Chi	9:00 AM
Tuesday: Aqua Exercise @ DAC	6:40 AM
Zumba Gold*	8:00 AM
Circuit Training*	9:00 AM
Chair Yoga*	10:00 AM
Wednesday: Strength W/ Bands	11:00AM
Hatha Yoga	5:15 PM
	6:45 PM
Thursday: Aqua Exercise @ DAC	6:40 AM
Zumba Gold	8:00 AM
Circuit Training	9:00 AM
Tai Chi Practice	6:45 PM
Friday: Aqua Exercise @ DAC	6:40 AM
Zumba Gold	8:00 AM
Strength W/ Bands	11:00AM

*Port Washington Adult Community Senior Center accepts Renew Active (formerly Optum), Silver Sneakers and Silver & Fit. For more information on what classes are covered by your insurance, please contact the Staff at 262-284-5821.



Your class is waiting **and** so
are your **BENEFITS:**
Small Class Size
Improved Health
Increased Social Network

Port Washington Adult Community Center

403 W. Foster St.

Port Washington, WI 53074

262-284-5821

Hours:

Monday - Thursday 8:30 AM - 4:00 PM

Friday 8:30 AM - 2:00 PM

Director: Catherine Kiener, CPRP, CTRS

ckiener@cpwwi.org



Port Washington Adult Community Senior Center



Wellness Classes



Aqua Exercise

You do not need to get your hair wet. Just bring a suit, towel for the **benefit:** increase in flexibility. Classes are held at the District Aquatic Center (DAC) at Thomas Jefferson Middle School on Holden St.

Strength with Bands

This class is for all levels of fitness. The equipment used in this class are primarily exercise balls, weight and bands.

Benefits: reduce symptoms of diabetes, back pain, and depression; improve balance & promote independence

Tai Chi

This traditional Chinese exercise practiced for relaxation, balance, strength and flexibility. In class students will: 1) Warm-up. 2) Learn basic forms. 3) Cool down/meditate. Tai Chi does not impact the joints of the body. There are evidence-based positive cardiovascular, immune system and mental wellness effects. Realign, enhance strength and balance, make new friends, and harmonize with us on Mondays. You must be able to follow directions and work independently. **Benefits:** proven to reduce pain, improve your mental health, sleep quality, and physical wellbeing. **Thursday evening Practice Class and Friday Chair Chi** (50% of class is seated) are also available.

Hatha Yoga

What should you expect if you attend a Hatha yoga class? Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching class with some basic pranayama breathing exercises and perhaps seated meditation at the end. Hatha classes are a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga. **Benefits:** Improve strength, flexibility, balance & reduce stress. Please bring your own mat, water bottle and wear loose fitting clothing.



Chair Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. **Benefits:** Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. A yoga mat is optional.

Circuit Training

This low-impact class is designed to help you improve flexibility and balance while increasing muscular endurance. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles for the **benefit** to improve balance and stability.



This specialty course is designed for active older adults while effectively addressing their unique anatomical, physiological and psychological needs. It also is designed for participants just starting their fitness journey. If you love to dance, this class is for you. **Benefits:** Easy on the joints, keeps your brain active, promotes fun and laughter.

