

# Four Pointes' Classes Descriptions

## FITNESS:

### **Beginning Exercise Drumming**

A slower, seated, low-impact exercise drumming class benefiting the mind and body. Also incorporates the use of an exercise ball and drumming sticks. Equipment provided. Great for beginners! All fitness levels welcomed.

### **Better Balance**

Balance and stability training can directly improve all aspects of daily living. This class is designed to enhance core strength, balance, coordination, stability, and flexibility, while also providing an aerobic workout to improve stamina. Better Balance is a moderate intensity, low impact class that will have you feeling steadier on your feet!

### **Bone Builders**

Having strong, healthy bones is essential to living an active lifestyle. Don't let bone loss slow you down. Bone Builders is a strength-based fitness class designed to help you maintain and even improve your bone strength through weight bearing, strength and aerobic exercise. This class is safe for all fitness levels.

### **Build Your Brain Workshop**

These four weeklong workshops will combine simple movement combinations along with memory recall, cognitive problem solving and speed variations to engage specific parts of your brain. The goal is to challenge your brain and body simultaneously to help stimulate new growth all while having a lot of fun! Workshops are offered multiple times throughout the year

### **Cardio Drumming**

A group exercise class with mind and body benefits. The workout uses a variety of beats and choreography exercises incorporating an exercise ball and drumming sticks. All equipment is provided. Moderate impact level.

### **Chair Aerobics**

An energetic 30-minute low impact seated aerobics class great for all fitness levels. Enjoy exercises designed to improve your flexibility, range of motion, strength and aerobic endurance.

## **Conditioning with Confidence**

A low impact beginning seated exercise program to improve range of motion, flexibility, balance, and strength. Great for those just starting to develop their fitness routine!

## **Core Conditioning: Pilates Plus**

This fitness class offers a mix of matt Pilates and stability ball exercises to strengthen core muscles.

## **Function for Life**

Program geared towards overcoming some of the challenges of declining mobility. This class is especially designed for persons wishing to improve their walking gait confidence, sit-to-stands, balance, range of motion, core strength and posture.

## **Gentle Chair Yoga**

This gentle seated class is accessible to all fitness levels. Class works with breath and movement, easier and modified postures, body awareness, gentle stretching and strengthening, and relaxation.

## **Gentle Mat Yoga**

A 'slow-flow' yoga class based on the floor. Breath, movement, and stretching are the primary focus of this class. Does require getting up and down from floor. Moderate impact level.

## **Happy Hula**

A graceful dance wherein you talk with your hands while swaying your hips to the music. Work on building balance and flexibility while having fun! For beginners and experienced dancers alike.

## **Integrated Fitness**

A group exercise utilizing six stations which focus on strength, agility, balance, endurance and flexibility for a 45-minute continual work-out promoting strength for everyday living.

## **Line Dancing**

Fun and fitness collide in this dance class covering the techniques of line dancing with the goal of a more flexible and fit body. Beginning classes also offered.

## **Mindful Meditation**

Meditation/mindfulness is a tool, a skilled practice, that will help you find greater joy and peace in your life, and an easier and more healthful way to live in your body at this moment, with whatever challenges you are facing. The qualities of awareness that you cultivate in meditation have the potential to run

through all avenues of your life: eating a meal, driving a car, being with family and friends, or riding the waves of strong or difficult emotions.

In our four-week exploration of meditation/mindfulness we will try different techniques and traditions to allow us to fashion a personal practice suited to your needs and personality. Hopefully, this will be a practice that you can make a part of your daily life; a practice that will help you find greater joy, peace, health and ease in your life.

### **Moving with Parkinson's**

Join our "Dance for PD" coordinator, Mimi and a group of dedicated volunteers as they help participants learn to enhance their aesthetic awareness and grace while addressing such PD-specific concerns as balance, flexibility, coordination, gait and depression. Live piano accompaniment to help get you moving.

### **Ping Pong**

Persons of all physical ability levels are able to participate in this activity that supports hand-eye coordination, agility and fun! Beginners welcome!

### **Stretch & Tone**

A low impact seated fitness class that develops strength, flexibility, muscle tone and endurance. All fitness levels welcome. Offered in the northeast region. Advanced Stretch + Tone is available for a more challenging experience.

### **Tai Chi**

An ancient system of blending, breathing, and movement to improve your balance and coordination. Introduction and advanced level Tai Chi are available.

## **LEARNING**

### **Book Club**

Join this monthly discussion and the book for the following month will be provided.

### **Build It Fly It**

Join these model enthusiasts as they build a fabulous radio-controlled airplane. The object is to have fun building a plane (work together on the instructor's model or bring your own), then take it out and fly it!

### **Connecting with Memories**

Nancy Buchanan shares her insights about various topics that impact our everyday world. You'll see things from a whole new perspective after hearing her presentations!

## **Memory Writers**

Take time once a month to come and get comfortable writing the stories of your life. Tricia McDonald guides you through the process. You will amaze yourself!

## **Technology Assistance**

Your opportunity for individualized assistance with various things including using your device, social media, or the internet.

## **ARTS**

### **Art with Joy**

Get creative and engage with other artists during this open art studio. Whether it's your first time or you are a veteran painter, our instructor can help you from start to finish on any project. Share with other artists and get helpful tips and tricks!

### **Quilting**

Monthly and weekly projects led by an experienced instructor. Create a gift or something beautiful for yourself. Beginners and advanced crafters welcomed.

### **Wood Carvers**

This class is for any ability level while offering many forms of woodcarving. Come and learn to carve or spend time with others who enjoy the craft.

### **Yarn & Stitches Group**

Bring your knitting or crochet project and enjoy the camaraderie of fellow 'crafters'.

## **RECREATION**

Mah Jongg, Bridge, Euchre, Bingo, Hand & Foot, Pinochle, Cribbage, Bingo, Billiards