

## **Senior Well Being at Gunnisonville Meadows**

*\*\*Located in our community gym*

### **Tuesdays at 10am – Zumba Chair**

*Led by Margie Jacobs- Certified Zumba Instructor*

**Low-impact fitness – with participants seated in chairs. Often called “exercise in disguise” because it is so much fun! GREAT for beginners and those focused on movement, strength and stability! FREE!**

*(on going)*

### **Wednesdays at 1:30pm – Senior Strength**

*Led by Emma Smythe - Certified Fitness Instructor/Personal Trainer*

**DeWitt YMCA has sponsored a series of classes – focusing on low-aerobic and strength moves. Designed for those who are on a path to keep healthy! Class will be a combination of exercises using chairs as a stabilizer – to help increase strength, balance, posture and overall well being. FREE!**

*(runs thru Dec. 18, 2013)*

### **Thursdays at 1:00pm – Stretch Class**

*Led by Beth Landgraf – Licensed Physical Therapist*

**Stretching is an important part of any person’s overall well being. Stretching encourages flexibility. And better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion. FREE!**

*(starts Oct. 24, Please note: NO CLASS Oct. 31)*

**For more information**

**Call 517-575-6021**