

# 50 North Open House

Our expansion and renovation is complete! We are inviting everyone to our Open House on Thursday July 22nd from 4-7pm. We will be showcasing all of our Programs, Services, and Activities that our Senior Center offers. Enter to win several prizes, take a lap on our track, and you can sign up for one of 10 different demo's of our group exercise classes in our Wellness Center. Call 419-423-8496 to sign up for classes.



**July 22, 2021**  
**4pm - 7pm**

339 East Melrose Ave.  
Findlay 45840  
419-423-8496  
[www.50north.org](http://www.50north.org)

*\*Please see group exercise class schedule on back*

# Wellness Center

## Group Exercise class schedule

### July 22nd for 50 North's Open House

Please call 419-423-8496 to sign up for a class. Guests 50+ are welcome.

#### Class Schedule

#### Peiffer Group Exercise Studio

4:00-4:20 SilverSneakers® Classic

4:30-4:50 GeriFit®

5:00-5:20 SilverSneakers® Yoga

5:30-5:50 EnhanceFitness®

6:00-6:20 Bootcamp

6:30-6:50 Yoga Fusion

#### **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

#### **GeriFit®**

A strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of dumbbell weights. As you become stronger you can advance to using heavier dumbbells in an effort to challenge yourself even more.

#### **SilverSneakers® Yoga**

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

#### **Delay the Disease™ Parkinson's Class**

Delay the Disease classes are designed specifically for those with Parkinson's Disease. The exercise classes are designed to empower people with Parkinson's Disease by optimizing physical function and helping to delay the progression of PD symptoms.

#### **EnhanceFitness®**

Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

#### **Bootcamp**

Interval training with a mixture of cardio, overall body sculpting and toning.

#### **Cardio Drumming**

Bringing together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Class can be done all in a chair or standing. It uses the exercise ball to turn rhythm into a workout!

#### **Yoga Fusion**

Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

#### **Circuit**

Kick your fat burning furnace into gear...this class is set up in a station format incorporating a mixture of cardiovascular and muscle toning exercises.

#### Yamine Track

4:30-4:50 Circuit

5:00-5:20 Delay the Disease™

5:30-5:50 Cardio Drumming

6:00-6:20 Walking class