



Bend Senior Center
Winter Spring 2010
Functional Fitness Classes

P.A.C.E. Arthritis Program

January 4-May 27 **NEW DAY**

M/TH 10:15-11:15

No class Jan 18 or Feb 15

Designed to help keep joints flexible and strengthen muscles while reducing pain stiffness. Take control and build a better you! Taught by certified Arthritis Foundation instructor. Class is for ages 50 and better. Fee: Fitness Pass or Drop in.

NEW NAME NEW DAY

Stand Tall– Don't Fall

January 6– May 26

Wed 10:15-11:15am

Loss of Balance can lead to fear of falling. This can result in a decrease in quality of life. This multi-faceted safe and fun program builds new skills to maintain balance. Instructors: Doris Lilly and Lindy Mount, Certified Arthritis Foundation instructors. Fee: Fitness Pass or drop in.

Personalized Circuit Training

January 4– May 26

M/W 2:30-3:30pm

No class Jan 18 or Feb 15

Trainer/Instructor will assist participants in individualizing exercises to fit their goals and restrictions to safely and effectively progress. Circuit will include warmup, exercises for strength, flexibility and balance, and cool down. Feel good and get fit with lots of individual attention. Instructor has more than 12 years experience working with people with chronic conditions and post rehabilitation exercise. Class is for ages 50 and better. Fee: Fitness Pass or Drop in. Instructor: David Zimmerman