

Explore Our Whole-Health & Wellness Options



Tai Chi with Mynor

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing. Each posture flows into the next without pause, ensuring that the body is in constant motion.



Beginner Balance with Jason

This class is for residents to practice static and dynamic balances in a safe and controlled environment. Each class focuses on strengthening the lower body and core muscles while also challenging residents' balance physically and mentally.



Mat Yoga with Kelly

Kelly's class is a light-hearted and fun yoga practice with a particular focus on alignment and modifications in order to avoid injury. She teaches a restorative class that is mat based and challenges the body to improve one's mobility.



Aerobics & Strengthening with Jason

Each class includes an aerobic warm-up, strengthening exercises and balances, with an emphasis on form instead of weight. This class is inclusive and geared toward all levels of fitness, with modifications given for each exercise. The class may be done standing or seated.



Water Aerobics with Jason

Aquatic exercise is a fun and safe way for seniors to improve their range of motion, balance and cardiovascular health. The water's buoyancy creates a class that is challenging for residents but gentle on their joints.



Mindfulness Meditation with Liz

Liz provides meditation and talks on mindfulness in the Insight or Vipassana tradition. Mindfulness is a way of being in our daily lives that is present, aware and compassionate. Meditation helps to cultivate this way of being. The talks are simple tools to help navigate the challenges and joys of life, bringing greater freedom and peace to us and potentially those with whom we interact.



Resistance Bands with Jason

Resistance bands provide a variable resistance that you can adjust with just the placement of your hand. Jason teaches a class aimed at strengthening muscles from the entire body that is chair based but can be done seated or standing.



Chaboom with Crissy

Chaboom is an engaging, music-filled program where seniors can sit and get fit at their own pace, exercise both upper and lower body, try any exercises they want and "dance" in their seats to upbeat, energizing music, from the golden oldies to today's hits!



Active Aging with Terri

This class focuses on functional fitness, with exercises designed to help seniors maintain strength, balance and independence. Designed for every fitness level, modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints followed by balance exercises to improve your gait and confidence in your daily routines. Then, proceed to resistance training to build lean muscle and increase bone density, all to the beat of the music!



Build Your Balance with Jason

This class is for residents to practice static and dynamic balances in a safe and controlled environment. Each class focuses on strengthening the lower body and core muscles while also challenging residents' balance physically and mentally.