

## Fitness

Daily fitness classes are on a first come, first served basis.

**Active Aging**— This seated class will include strength and cognitive training as well as basic cardiovascular exercises. This class is perfect for those who cannot stand for extended periods of time, those who are recovering from physical challenges and those new to exercise.

**Balance Basics Bootcamp**— Learn tips to assist you with better balance and practice in a safe environment. We will work through 4 different stations that challenge your balance. You must be able to walk unassisted to attend this class.

**Barre.lattes!**— Focusing on core and leg strength, this class will use the barre in the group fitness studio for basic toning, strength, balance and stretching exercises. We will also work on core strength through Pilates based movements using balls, bands and rings. We may move to the floor for various exercises, but a chair option will be available as well.

**Beat. Drum. Boogie!**— So much fun you will forget its exercise! We use the large fitness balls as drums to boogie our way to fitness. No experience needed.

**Ch.oga (chair yoga)** - Come and enjoy this gentle form of yoga. We'll incorporate breathing exercises, yoga postures and relaxation while seated in your chair.

**Core Control**— 30 minutes of strengthening the abdominals, back, and butt. We may be on the floor at times for this class. Bring your mat if you have one.

**Fantastic 15!**— 15 minutes of cardio, 15 minutes of strength training, 15 minutes of CORE training. This is a standing format. You may get down on the floor for your core work.

**Fit In a Minute!**— Work through 60 second intervals of cardio, strength, and balance for the ultimate workout! This is a 100% standing format lasting 45 minutes.

**FLEX.ABLE**— Let's work on total body flexibility and good posture from a seated position. Various props may be used including straps, balls and bars. All levels are welcome!

**FLOW (yoga)**— This yoga class will be taught in a flowing format. Postures will move from one to another and may include moving from the floor to a standing position several times during class. Modifications will be shown and encouraged. Class will end with relaxation. Please bring your yoga mat.

**Friday Fit Test**— Here's your chance to find out a bit more about your current fitness level. Sign up to take 3 of the Fullerton Functional Fitness Tests for seniors: the 8 feet Up & Go test, Chair Sit & Reach and the Back Scratch test.

**Friday Fitness BINGO!**— Join us for 45 minutes of traditional Bingo with a fitness flair. We will use cards that boast easy to do exercises instead of numbers such as ankle circles, shoulder shrugs and more. You may sit or stand for the exercises. Prizes will be given for each Bingo.

**Get Up and Go**— This interval style class includes both cardio and strength training, as well as balance and cognitive work. Hand weights, balls and resistance bands may be used. Class is taught 50% standing, 50% seated, although attendees may stand/sit at any time.

**Golden Arches**— Join our outdoor walking group during warm weather months.

**Let's Dance**— Shake, shimmy, rock and mambo your way through this dance class! All levels welcome, including those with no dance experience!

**Mindful Moments** – This 30 minute guided relaxation/meditation class will start and end with seated gentle stretches. Soft music and a guided meditation will focus on relaxing and healing the body, mind, spirit. Cell phones must be in the OFF-MUTE position for this class.

**Move It-Cardio** – We will spend 30 minutes working on getting our heart rate into our training heart rate zone. This is 100% standing class.

**Lotsa Line Dances** – Let's learn new choreographed line dances and have fun with the oldies as well! Mondays: Beginner-Intermediate, Tuesdays: Intermediate-Advanced.

**Move IT!** – This 45 minute class will include both cardio and strength training intervals. You will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills.

**Reflections Yoga** – Strength and flexibility will be developed through yoga postures that may include those on the floor. There will be short breaks to allow for rest and refocus. Class is taught through segments of work rather than a flow. Please bring your yoga mat. Class will end with relaxation.

**Salutations Yoga!** – Salutations! New to yoga? This is a great way to learn basic yoga postures. Long time yoga practitioner? Here's an opportunity to perfect the Salutation flow. You will be up and down off the floor.

**SeatBeats!** – Let's Dance and have fun all while seated. If you have challenges standing for extended periods of time, but love to boogie, this is the class for you. Similar to Zumba but this is 100% seated.

**Simply Yoga** - If you're new to yoga or just starting to practice, this beginner class is for you! Participants will be introduced to yoga postures through step-by-step verbal cues and demonstration. Participants should bring a yoga mat to class. You must be able to get down to and up from the floor.

**Station 2 Station** – A circuit class in the FITNESS CENTER. Attendees will rotate through 12 stations that include both cardio and strength. 90 seconds of work, followed by 30 seconds of rest and reset time. Participants must have completed a fitness center orientation PRIOR to attending this class.

**Strength Circuit** – Work your way through 6 different stations in the group fitness room that target various muscle groups. You may be on the floor for some stations. All levels welcome.

**Step 101** – Strengthen your legs, heart and core in this basic step training class. This class uses a 4-6 inch step and requires a good sense of balance and rhythm.

**Step 200** – Bump up your basic step training to include a few basic patterns. This class requires balance and a sense of rhythm. You will be stepping up and down on a platform.

**Strong Core-Better Back** – We will focus on movement that strengthens and stretches the core muscle groups. Movement will be a mixture of Pilates based, traditional sports based and yoga based exercises. You will need to be able to get up and down from the floor. If you have a mat please bring it.

**Tai Chi Chuan** – This class combines balance and strength enhancing exercise with comprehensive self-defense moves. This is a gentle approach to the "original Tai Chi". This class is a standing format.

**Tai Chi for Better Balance** – An exercise program focusing on mind and body. It involves slow, gentle movements, deep breathing and meditation. This is a standing exercise class.

**Walking for Better Balance** – This indoor walking class will walk for 5 minutes and then work through 45-second intervals of various movement that assists in creating better balance, such as heel walks & toe walks. This will be repeated in intervals for 50 minutes.

**World of Dance** – This calorie burning dance fitness party is so much fun you will forget you are exercising! Latin and world rhythms will move you through several songs in each class. No experience needed.

**Yoga for Healing** – 50% of this practice will be devoted to meditation and breathing. The other 50% will focus on specific, gentle movements that encourage healing. All levels welcome.

**Zumba Gold** – This calorie burning dance fitness party is exercise in disguise! This class is low impact with no jarring movements. Let the Latin and world rhythms take you over!

## Cards and games

**Join in anytime.**

**Bid Euchre** – A variation on the card game Euchre. Open to all, but availability is based on number of players and groups present.

**Billiards** – Open to all on a drop in basis. Tables, pool sticks and equipment provided.

**Bingo** – A game of chance in which players mark off numbers on a card as they are randomly called. Lots of winners and prizes.

**Chess and Checkers** - All levels of players are welcome to play.

**Cribbage** – Card game for 2 – 4 players. Cribbage board available anytime.

**Hand and Foot** – A card game in which a player has to get rid of all their cards. This game is a variation of Canasta, a type of rummy.

**Intermediate Bridge** – For intermediate level players. Open to all, but availability is based on number of players and groups present.

**Mah Jongg** – This Chinese game is played with tiles and is similar to a number of Western card games such as Rummy. Instruction available.

**Mexican Train** – A game played with numbered dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains”.

**Pickle ball** – A racquet sport that combines elements of badminton, tennis and table tennis. Our outside court and equipment are available to all participants. Sign out equipment at the front desk.

**Pinochle** – A classic two or more player game. Players score by taking tricks and forming combinations of cards into melds.

**Scrabble** – Board available for play anytime.

**Standard American Bridge** – The most common form of bridge. Open to all, but availability is based on number of players and groups present.

**Table Tennis** – Open to all level of players. Tables, balls and paddles are provided. Please check calendar for scheduled times.

## Education and socialization

**Aging Support Group** – Meeting once a month, the support group provides participants the opportunity to share tips and tricks on aging and enjoy an hour of socialization with peers.

**Book Club** – This group meets once a month to discuss a book that the whole group reads. Come enjoy great books and stimulating discussion.

**ESL Classes**– Join community teachers to learn the English language during this periodic classes. Contact the center for more information.

**Friday Friends**– Are you new to the area, newly retired or just in need of some new friendships and socialization? This group meets every Friday to share life experiences, make new connections and plan social activities that take place outside the Senior Center.

**History Class**– College professors give interesting lectures on a wide-variety of historical and political science topics. Come and expand your world.

**Now You Know Series**– Members of the community present topics of importance to the participants at the center meeting three times each month.

**Spanish Class**– Join this class to learn beginning Spanish words and phrases. Taught by a Lexington Public Library instructor.

## Art, Music and More

**Activities are offered on a rotating basis. Please check newsletter for current offerings.**  
**All classes listed below require pre-registration and material/equipment fees for each seven week session.**

**\*Indicates classes that do not require pre-registration or fees.**

**\*\*Indicates classes that are offered on a rotating basis.**

**Advanced Beginner Sewing**– Build on Beginner Sewing skills. Must have completed Beginner Sewing.

**Advanced Hand Building** – Refine and move into more complex forms and decorating techniques. Must have completed at least two hand building classes.

**Advanced Wheel Throwing** – Refine and move to more complex forms and decorating techniques. Must be able to throw a 4 inch cylinder.

**Basic Draw/Still Life** – Core principles/techniques in drawing will be covered. Learn more about form, light, and color through use of still life and landscape studies.

**Beginning Abstract Acrylic Painting** – Have fun while exploring new possibilities with painting. No experience needed.

**Beginning Hand Building** – Learn the basics of coil, pinch and slab building. No experience necessary.

**Beginning Sewing** – This is for the true beginner! Learn about the machine and the basics of sewing.

**Beginning Wheel Throwing** – Learn the basics of throwing on the pottery wheel and glazing pieces. Must have taken Beginner Hand Building.

**China Painting**– Paint on china. We provide paint, kiln time and your first china piece. No experience necessary.

**\*Crochet/Knitting for a Cause** – Participants crochet hats and lap quilts for area Chemo-therapy patients. No experience necessary. Patterns and instruction will be provided.

**Djembe Drumming** – Learn basic hand drumming on the Djembe drum. No experience necessary.

**Eat. Weigh. Move** – This interactive weight loss support group and workshop is packed with information so you can be successful in your weight loss journey.

**Glass Mosaic Tile** – Create a decorative art piece using glass tiles. No experience needed.

**\*\*Instant Artist** – Are you interested in painting but have no experience? This is the class for you! Join us with instructor Rose for step-by-step instructions on painting a masterpiece in one sitting.

**Intermediate Djembe Drumming**– Continue to build on basic hand drumming skills. Must have taken Beginner Djembe Drumming.

**Intermediate Hand Building** – Build on basic hand building skills. Must have completed basic hand building.

**Intermediate Sewing Project** – Sew one project to give back to the community and one small project for you to keep. This is an Intermediate level class.

**Intermediate Wheel Throwing** – Building on your wheel throwing skills. Must be able to center and pull walls.

**\*\*Italian Majolica Ware**– Painting with stains on white opaque food safe glaze. Prior piece painting experience preferred. Some clay work involved.

**Lids, Spouts and Handles** – Learn to perfect your lids, spouts and handles for you pottery pieces. Must have completed at least one hand building class.

**\*Open Art Studio** – Open studio time is available to work on individual painting and drawing projects. Please bring your own supplies.

**Piano I** – If you ever wanted to play the piano but never did or stopped playing as a child, this is the class for you! Come and learn the basic piano skills and have fun doing it!

**Piano 2** – Build on the skills you learned in Piano I. Must have completed Piano I before taking this class.

**\*\*Sew A Tote Bag** – Make a tote that is great for carrying craft supplies or other items. Requires intermediate sewing skills.

**\*\*Surface Decoration** – Explore slip trailing, mishima, water etching and more. Must have completed Beginning Wheel Throwing or Beginning Hand Building.

**Water Color Painting** – Learn various water color techniques. No experience necessary.

195 Life Lane  
Lexington, KY 40502  
(859) 278-6072  
[lexingtonky.gov/aging](http://lexingtonky.gov/aging)



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