

Recumbent Exercise Bike Available –
Matrix Brand Specific Design for Older Adults
Available Hours Vary Monday-Friday
contact office for orientation & hours



Port Washington Adult Community Senior Center

Class Schedule Monday-Friday

Monday: Tai Chi Mornings

Move It, Shake It, Lift It Afternoon

Tuesday: Aqua Exercise @ DAC Early

Circuit Training* Mornings

Chair Yoga*

Zumba Gold*

Wednesday:

Hatha Yoga Evenings, Some Sat.

Thursday: Aqua Exercise @ DAC Early

Zumba Gold* Mornings

Circuit Training*

Chair Yoga*

Friday: Aqua Exercise @ DAC Early

Your class is waiting **and** so
are your **BENEFITS:**
Small Class Size
Improved Health
Increased Social Network

Port Washington Adult Community Center

403 W. Foster St.

Port Washington, WI 53074

262-284-5821

Hours:

Monday - Thursday 8:30 AM - 4:00 PM

Friday 8:30 AM - 2:00 PM

Director: Catherine Kiener, CPRP, CTRS

ckiener@portwashingtonwi.gov



Wellness Classes



Aqua Exercise

You do not need to get your hair wet. Just bring a suit, and towel. **Benefits:** Easy on joints and increase in flexibility. Classes are held at the District Aquatic Center (DAC) at Thomas Jefferson Middle School on Holden St.

Move It, Shake It, Lift It

A class designed for a healthy heart workout. It is free to Aging Mastery Program graduates in part due to a grant from the Green Bay Packer's. This class will get your heart pumping with a combination of lifting light weights and low impact cardio exercises. A chair will be provided, but not for sitting. It will be there for balance and to hold your weight. Please wear comfy shoes and clothes and be prepared to work up a sweat. Class size is a max of 12.

Circuit Training

This low-impact class is designed to help you improve flexibility and balance while increasing muscular endurance. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles. **Benefits:** To improve balance and stability.

Hatha Flow Yoga

What should you expect if you attend a Hatha yoga class? Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching class with some basic pranayama breathing exercises and perhaps seated meditation at the end. Hatha classes are a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga. **Benefits:** Improve strength, flexibility, balance & reduce stress. Please bring your own mat, water bottle and wear loose fitting clothing.



Chair Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. **Benefits:** Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. A yoga mat is optional.

Tai Chi Fundamentals

This traditional Chinese exercise practiced for relaxation, balance, strength and flexibility. In class students will: 1) Warm-up. 2) Learn basic forms. 3) Cool down/meditate. Tai Chi does not impact the joints of the body. There are evidence-based positive cardiovascular, immune system and mental wellness effects. Realign, enhance strength and balance, make new friends, and harmonize with us. You must be able to follow directions and work independently. Fifty percent of the class is seated. **Benefits:** proven to reduce pain, improve your mental health, sleep quality, and physical wellbeing.



This specialty course is designed for active older adults while effectively addressing their unique anatomical, physiological and psychological needs. It also is designed for participants just starting their fitness journey. If you love to dance, this class is for you. **Benefits:** Easy on the joints, keeps your brain active, promotes fun and laughter.

