

# BODY, MIND & SPIRIT

## THE LOOSE FITNESS ROOM IS OPEN

- ♦ Call Loose @ 735-9406 and reserve your time.
- ♦ Drop-ins on availability only.
- ♦ Usage limited to 30 minutes when people are waiting
- ♦ All participants must sign a consent form.
- ♦ Donations accepted for the use of the equipment.

PLEASE ARRIVE 15 MINUTES BEFORE CLASS TIME TO SIGN THE CONSENT FORM.

### MONDAY

9:30 am **Zumba & Total Fit**  
 11:30 am **Arthritis Swim (GAC)\***  
 2:00 pm Arthritis Exercise  
 4:00 pm **Yoga (gentle flow)**  
 5:00 pm **Zumba & Total Fit**  
 6:15 pm Pickleball

### TUESDAY

9:00 am **Arthritis Swim (GAC)\***  
 9:30 am **Zumba Gold /Total Fit**  
 10:30 am **FIT<sup>4</sup>EVER**  
 12 & 1 pm **Line Dance**  
 resumes 9/5  
 4:00 pm **Chair Yoga**  
 5:00 pm **Yoga (gentle flow)**

### WEDNESDAY

9:00 am **BIKING BUNCH**  
 9:30 am **Yoga (gentle flow)**  
 12 noon **Chair Chi**  
 12:00 am **Arthritis Swim (GAC)\***  
 2:15 pm **Beginning TAI CHI**  
 5:00 pm **TOTAL FIT**  
 6:15 pm Pickleball

### THURSDAY

9:00 am **Arthritis Swim (GAC)\***  
 9:30 am **Chair Yoga**  
 10:15 am **Zumba Gold/Total Fit**  
 10:30 am **FIT<sup>4</sup>EVER**  
 11:45 am **Wii Bowling**  
 1:15 pm **Beginning TAI CHI**  
 4:00 pm **Yoga (gentle flow)**

### FRIDAY

9:30 am **Yoga (gentle flow)**  
 10:30 am **Healthy Aging Exercise**  
 Begins 8/4

11:00 am Pickleball  
 12:00 am **Arthritis Swim (GAC)\***

### SATURDAY

9:00 am **Yoga Resumes 9/9/17**  
 9:30 am **Zumba/Total Fit**  
 11:00 am **Arthritis Swim (GAC)\***

### SUNDAY

11:00 am **Arthritis Swim (GAC)\***

## YOGA \$5 drop in fee or discounted punch card available

**GENTLE YOGA FLEXIBLE YOGA** Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

**CHAIR YOGA** Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

### All Classes - \$5 drop in fee or discounted punch card available

**ZUMBA & TOTAL FIT**® A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

**ZUMBA GOLD TOTAL FIT**® A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

**TOTAL FIT**® A 45 minute class beginning with 20 minutes of mixed range cardio, balance, stretching, toning and mind/movement connection.

**INSTRUCTORS:** *Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.*

*Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.*

## HEALTHY AGING EXERCISE <sup>new</sup> Friday, 10:30 AM, FREE

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life. **BEGINS IN AUGUST**

## FIT<sup>4</sup>EVER \$5 drop in fee or discounted punch card available

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

## BEGINNING TAI CHI Wed., 2:15 pm & Thursday, 1:15 pm \$5 drop in fee or discounted punch card available.

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement increased Flexibility, Balance, Coordination, Range of Motion, Strength, Confidence, Lower Cholesterol along with Retards Alzheimer's and Improves Blood Flow. This is a great class and all are welcome!

## CHAIR CHI Wednesday, 12 noon

### \$5 drop in fee or discounted punch card available

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. Ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way.

## LINE DANCE \$5 drop in fee or discounted punch card available

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

## PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm,

### Friday, 11 am - 4 pm (reservation required), \$3 court rental

*Try out the fastest-growing sport around! Pickleball!* Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. Stop in, watch and give it a try.

**Wii BOWLING** Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week league begins on Sept 14. If you are interested in Wii bowling, please contact the Loose Office.**

**BIKING BUNCH** Wednesday 9am Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

**GOLF AT SHIAWASEE SHORES** Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members MUST sign in at Clubhouse each and every time they golf.

\* **Arthritis Swim (GAC)\*** - See page 16 for details