The Himan Brown Senior Program is committed to supporting and maintaining the physical well being of our members by offering a wide array of fitness and dance classes. All classes are taught by highly experienced and credentialed fitness instructors. Members are encouraged to speak with Senior Program staff for help determining the appropriate classes for their fitness level.

### Class Key

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<th>A</th>
<th>Aerobic/Cardio</th>
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<td>B</td>
<td>Balance/Stability</td>
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<td>M</td>
<td>Mat/floor exercise</td>
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<td>S</td>
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<td>T</td>
<td>Strength Training</td>
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<tr>
<td>E</td>
<td>Equipment (weights &amp; Dynabands*)</td>
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* Dynabands are available for purchase in the Himan Brown Senior Program Office. All other equipment is provided.

**Balance at the Barre (B):** This class builds strength, balance and agility while working with the full support of the ballet barre. Exercises will focus on improving stability for walking, sitting and rising from a chair, better posture both standing and seated plus better foot and ankle function for a smoother, safer gait.

**Ballroom Dance Instruction (A):** A social dance class for those who enjoy music and dancing. Each class begins with a warm up during which dance steps and patterns are introduced and practiced. During the second half of the class, students are taught how to apply these patterns to partner dancing with other members of the class. A new dance is introduced each month. Some prior knowledge of ballroom dancing is recommended though not required. Leather, suede or smooth bottom shoes are preferred. Please avoid wearing rubber soled shoes or sneakers because they will grip the dance floor and prevent turning.

**Cardio and Core (A B M T):** This class begins with a joint mobilizing warm-up and continues with 20 minutes of aerobic dance movement to build cardiac stamina. The second half of the class teaches floor exercises to build core body strength in the abdominals, back and buttocks along with leg lifts for knee and hip stability. Class ends with a series of stretches for the whole body. Students must have sufficient balance to move in all directions unsupported, to be able to follow the instructor’s simple choreographed steps and to be able to get down and up off the floor without assistance. Sneakers required.

**Cardio, Strength and Balance (A B M T E):** This high-energy class begins with a 20-minute aerobic section of easy to follow choreography followed by a balance, strength and toning section - both standing and on floor mats - using free weights and Dynabands. Students must have sufficient balance to move in all directions unsupported, to be able to follow the instructor’s simple choreographed steps and to be able to get down and up off the floor without assistance. Modifications will be provided for those who do not wish to do the mat work. Sneakers required.

**Dynafit for Functional Balance (A B S T E):** This class uses balls, Dynabands and weights to promote strength, stability, balance and confidence for everyday movements. The implementation of these exercises into everyday life is also demonstrated and encouraged. Students must have sufficient balance to move in all directions unsupported, to be able to follow the instructor’s simple choreographed steps and to stand unsupported while using equipment. Sneakers required.

**Fitness Training for Seniors (A B S T E):** This class is designed to encompass everyday functional movement with integrated strength patterns to induce muscular endurance, enforce proper posture and control of the body, along with balance and coordinated movement patterns, while utilizing external forces and objects, including: Dynabands, physio balls, weights and balance bars. Sitting and standing variations can be tailored to individual needs. Sneakers required.
Guided Meditation and Relaxation (S): Each session includes a brief introduction for new class members followed by breathing techniques (Pranyama) and a 10-15 minute silent meditation (Mindfulness/Metta/Mantra) using awareness of the breath and physical sensations as an anchor. The session concludes with a guided relaxation. Observations, concerns and insights are also shared to help support individual practice for increased mental, emotional, physical and spiritual well-being. Class is appropriate for all fitness levels.

Hatha Yoga Flow (Beginner/Intermediate) (B M T): This class teaches health and wellbeing through conscious breathing, body movement and mental concentration. In class, we stabilize the body through stretching, balancing and strengthening, in order to live our lives more freely and fully. Participants must be able to get down and up from mat unassisted. Comfortable clothes and bare feet recommended.

Open Level Hatha Yoga (B M T): This class invites a deep connection to your body and breath. Each class includes centering, gentle warm-ups, posture exploration (with some challenge, but always accessible) and deep relaxation. These techniques are all done with the aim of stretching and strengthening the body and calming and focusing the mind. Participants must be able to get up and down from the mat unassisted. Modifications can be provided. Comfortable clothes and bare feet recommended.

International Folk Dance (A): Experience the beauty of many cultures through our international folk dance classes. Come share with our dance community, and learn circle, partner, line dances, and mixers from a variety of countries, states and republics including Greece, Romania, Macedonia, Scotland, Russia, Israel, Yemen, Turkey, Brazil, the U.S. and more! Please wear dance shoes or other smooth, soft-soled shoes, as sneakers and other regular street shoes will grip the dance studio floor.

Israeli Folk Dance (A): Come and experience the beautiful and multi-ethnic world of Israeli folk dance. Dancers will learn circle, partner, and line dances in the Hassidic, Yemenite, Middle-Eastern, and classic Israeli Hora styles...and much more! Please wear dance shoes or other smooth, soft-soled shoes, as sneakers and other regular street shoes will grip the dance studio floor.

Tai Chi Chih (B): Tai Chi Chih is a simple form of moving meditation that strengthens balance and bones and relaxes mind and body. This standing class includes easy warm-ups, Qigong movements for balance and the 20 movements of the T’ai Chi Chih form. All levels welcome, however participants must have sufficient balance to stand and move in all directions unsupported. No special clothing required except for flat shoes.

Qigong for Alignment and Balance (B): Qigong is a practice that involves a series of postures and exercises including slow, circular movement, focused meditation, and self massage. This class improves balance, flexibility and coordination through mindful movements with the breath. This is a standing class and all participants must be able to stand unassisted. Participants are advised to be by a supporting wall for certain balance exercises. Please wear comfortable clothing and flat, sensible shoes.

Sit and Be Fit (B S T): A comprehensive, multi-level chair fitness class that incorporates weights and Dynabands to strengthen and stretch the body through a combination of cardio, strength and flexibility movements to improve overall fitness. Appropriate for most fitness levels. Must be able to maintain chair posture and follow teacher instruction.

Stability for Balance (B S T E): Both a standing and sitting chair fitness class that uses balls, Dynabands and weights to promote balance and stability. The focus is to target single leg stability and the muscles that keep one upright, tall and stable. Students must have sufficient balance to stand unsupported while lifting weights and using Dynabands. Sneakers required.

Strength and Stability (B T E): This standing class begins with upper body strength training with Dynabands and weights followed by lower body strength training and balance work at the ballet barre. Class focuses on proper anatomical alignment, safe practices for compromised joints and understanding the balance between building strength and maintaining range of motion (ROM) and adequate stretch in the muscles. Students must have sufficient balance to stand unsupported while lifting weights and using Dynabands. Sneakers required.