

**Chair Exercises**

**Mondays 10:30 am**  
This *gentle* exercise is for those who are just starting on a fitness program or those who must not do strenuous exercise. Drop-in, no fee.

**Drop-In Ballroom Dance Class**

**Mondays 1 pm**  
Join instructor **Bill Scheff** on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$3.**

**Silver Foxes**

**Mon-Tues-Wed & Fri 9:30 am**  
Exercise along with the Richard Simmons Silver Foxes videotape. This popular class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

**Sit-Down and Tone-Up**

**Tues & Wed 10:30 am**  
A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb weights. Video workout, free!

**Round Dance**

**Wednesdays 2:30 pm**  
**Thursdays 1 pm**  
Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

**Intermediate Line Dancing**

**Fridays 1 pm**  
Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. *NO BOOTS!*

**Tai Chi Basic**

**Thurs, April 5-June 21**  
**Continuing 9 am**  
This is the oldest style of Tai Chi Chuan. The movements are a combination of slow, fast and spiraling. No beginners. **\$60/12 wks.**

**Water Aerobics**

**Wed, Apr 4-May 30 8:30 am**  
Get a great workout with water exercises that are fun, safe and effective. Included is a cardiovascular segment lasting 15-20 minutes, along with toning and stretching exercises. You do not need to know how to swim. Locker room available, but bring your own lock, towel and suit. Leave your valuables at home. Instructor **Cherie Baugh**. **\$36/8 wks.**

**Aqua Zumba**

**Thurs, Apr 12-May 31 8:30 am**  
Come and join the Ultimate Pool Party. Have fun exercising, dancing, wiggling and getting fit to make-you-want-to-move Latin music! Zumba workout in the water! All levels welcome, no experience necessary. Bring water shoes, towel and a smile! No sweat! Instructor **Cherie Baugh**. **\$36/8 wks.**

**Yoga Meditation**

**Fri, April 20-June 8 7 pm**  
Learn sacred yoga meditation that goes back thousands of years. Subjects covered: Yoga philosophy, Meditation preparation and techniques, Guided mediation, Period of quite still meditation. After meditation, time for questions and answers. **\$32/8 wks.**

**Chair Exercise with Cindy**

**Fri, Apr 27-June 1 10:30 am**  
This class is designed to work gently but effectively on every area of the body. It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. Pre-register, **\$25/6 wks.**

**Foot Doctors**

**Wed, May 9 9-11 am**  
**Dr. Robert Adas and Dr. Larry Wexler** will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

**Senior Pilates****Core Body Conditioning**

**Mon, May 14-July 9 10:30 am**  
Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. Wear loose comfortable clothes and bring a mat. Instructor **Cheryl Baugh**, ACSM Certified Fitness Instructor. **\$36/8 wks.**

**Zumba Gold**

**Wed, May 16-July 11 12:30 pm**  
**Fri, May 18-July 6 10:20 am**  
Be ready for a low-impact aerobic workout, some chair work, great music and fun! Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register, **\$40/8 wks.** Drop-ins available, **\$6** per class.

**Massage Therapy**

**Fri, May 18 by appt**  
Certified Massage Therapist **Liz Marsh** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35-min massage sessions for \$30, or 75-min sessions for \$60. Call (248) 246-3900 for an appointment.

**Gentle Yoga**

**Mon, May 21-June 18 1 pm**  
**Thurs, May 24-June 14 1 pm**  
A wonderful class to begin Yoga or expand on what you know. This slow flow class will strengthen our bodies and calm our minds. re-register, **\$32/8 wks.**

**Yoga**

**Tues, May 29-July 17 12:45 pm**  
Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor **Cheryl Baugh**. Pre-register, **\$36/8 wks.**

**Healthy Back Class**

**Wed, June 6-July 18 1:30 pm**  
This class is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register, **\$25/6 wks.**