



# **Senior Strong** Fitness Class Program Schedule



Over 20 Classes Offered Each Week! All classes held in Coventry Hall or in the specified room listed. No Sign up needed

## 2025

### **Mondays**

8:30am-9:00am	Senior Strong Mix ♥ 🦿 (CV)
9:30am-10:00am	Aquacise Class (P) 🐟
10:30am-11:15am	Seated Senior Strong Weights/Resistance + 🦿 All in One with & Rhythm & Stretch (CV) – All levels ♥

### **Tuesdays**

8:30am-10:00am	Aqua Walking Independent Resident led (P) 🐟
9:00am-10:00am	Mindful Meditation Chair Yoga (CV)
10:00am-10:30am	♥ Rhythm & Brain/Cardio (CV)
11:00am-11:30am	Senior Strong Standing Balance (12 ppl) (CV)

### **Wednesdays**

8:30am-9:00am	Senior Strong ♥ Heart/Cardio (CV)
9:15am-10:00am	Tai Chi (CV)
9:30am-10:00am	Aquacise Class (P) 🐟
10:00am-10:45am	Water Volleyball - All (P) 🎯
10:15am-Noon	Outdoor Bocce Ball / Located behind Coventry- Seasonal- (June-August)
10:30am-11am	Senior Strong Weights- w/ Susan ♥ 🦿
11:15am-11:45am	Seated + Stand Stretch Bands & Strengthen w/Susan

### **Thursdays**

8:30am-10:00am	Aqua Walking Independent Resident led (P) 🐟
10:00am-10:30am	♥ Rhythm & Brain/Cardio (CV)
10:30am-11:00am	Seated Senior Strong ♥ Heart/Cardio (CV)
11:00am-11:30am	Senior Strong Standing Balance (12 ppl) (CV)

### **Fridays**

8:30am-9:15am	Senior Strong ♥ Heart/Cardio (CV) + Senior Strong Weights/Resistance 🦿
9:30am-10:00am	Aquacise Mix 🐟
10:30am-11:30am	Transformative Chair Yoga (CV)

\*

All Classes may be modified to sit or stand –ALL levels Welcomed! Noted: Any monthly schedule changes are provided on monthly Fitness Calendars



**Traci Terlecky-Wrobel**  
Fitness Director  
929-5120

**DAILY VIDEO**  
**FITNESS**  
1390



**Susan Arthur**  
Fitness Instructor  
929-5838

April 2025

# ***VIDEO FITNESS 1390***



***DAILY SENIOR STRONG CLASS***  
**OPTIONS VIA VIDEO CHANNEL 1390 - WILLIAMSVILLE:**

***MONDAY-WEDNESDAY-FRIDAY:***  
***11:00am-11:40am w/Traci and/or Susan***

***WEDNESDAY:***  
***12 Noon Beginner Tai Chi***

***TUESDAY & THURSDAY:***  
***9:00am-9:40am w/Traci and/or Susan***  
***Chair Yoga w/ Kandy - Tuesdays at 10:00am***

***FRIDAY: 3pm Yoga/Meditation w/Kandy***

**WEEKENDS:**

***SATURDAY:***  
***9am w/Traci and or Susan***  
***10am Chair Yoga w/Kandy***

***SUNDAY:***  
***9am Advanced Tai Chi***  
***12 Noon Beginner Tai Chi w/Judy***

**The Fitness Center & Pool are open DAILY for residents during these hours:**

**6am-9pm**

**In addition, 4-8 pm for Canterbury Next Guests. CW Staff hours: 6am-10pm.**

**~Welcome ~**

Are you NEW to our Fitness Center & looking for your individual personalized program with our HUR equipment & Cybercycle? Please contact Traci or Susan to get your Fitness Orientation Appointment scheduled with us so we can ***Get you started!***

**Call Traci at 929-5120 or Susan at 929- 5838.**

All new residents are required to submit a doctor medical release on or before orientation and must complete an orientation with staff.

GROUP FITNESS CLASSES ARE HELD IN COVENTRY HALL or at the POOL FOR AQUATIC UNLESS OTHERWISE NOTED. ALL CLASSES ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON MESSAGE BOARDS AT MAILBOXES AND/OR ANNOUNCED OUR IN HOUSE TV CHANNEL 1390.

If you misplace your schedule, please see the front desk receptionist for a new schedule or please contact Traci to have a schedule put in your personal mailbox.

*April 2025*

# *Fitness Class*

## *Descriptions & Details:*

### **SENIOR STRONG FITNESS CLASS PROGRAM:**

#### **By Water:**


Pool Rules, regulations and guidelines are regulated by the DOH

**M-W-F~Aquacise** Class is a fun choreographed water class that uses repetition and rhythmic movement and focuses on improving range of motion and flexibility in a warm salt water pool eliminating impact. Wednesday volleyball fun follows the class and open to all! Friday class may alternate with water YOGA sessions based on interest.


**TU/TH~Aqua Walking** is scheduled group pool time to swim with other residents. Groups are resident coordinated.

**Need a swim buddy? Meet at the pool Tuesdays & Thursdays for open Resident Led swim time 8:30-9:30am**

#### **By Land:**

**M/F~Senior Strong Weights/Resistance** Class is a 30 minute seated and or combined standing class that uses light weights, weighted balls, bands and mixed weight options that is designed to strengthen upper and lower body and keep muscle mass. Seated core exercises incorporated.  **Seated offered on Mondays** is 45 minutes of mixed weights with rhythm & stretching included.

**M-W-F~Senior Strong Heart/Cardio Class** is a fun, energetic low impact class structured for ALL levels. The class incorporates *standing and seated* exercises to get the heart pumping and blood flowing. ❤️ **Seated offered please see schedule.**

**W~Senior Strong Weights w/ Susan**  complete your sets and reps with Susan using various weighted dumbbells where seated or standing options are available.

**W- Seated Stretch Bands & Strengthen w/ Susan** is a seated class utilizing stretch bands to strengthen and lengthen the body.

**TU/TH~Senior Strong Standing Balance** is 45 minutes to accommodate set up. Application is 30-40minutes. The class engages the core to challenge balance through standing weight bearing exercises while utilizing balance mats. Accommodates 12 participants.

**TU/TH- Rhythm & Brain** class is aerobic movement through rhythmic sequencing, timing and patterns meant to not only exercise the heart muscle, but also will challenge the Brain & Memory.

#### **MIND & BODY:**

**TU~Chair Yoga Meditation** is seated and focused on mind and body intended to improve movement & posture while including breath control, core strength and mindful meditation. This is presented in a seated format. **Colleen Maloney Bergman**

**TU~ Mat Yoga** = Floor to standing progressions meant to stretch & lengthen and strengthen through breath, posture & alignment.

**F~ Transformative Chair Yoga** = Transform your movement and flexibility with focus and breath. Balance and Body weight movements will progress with seated poses through mindful breath. Standing progressions may be included.. **Jean DuBow**

**F~Tai Chi** Class is an ancient Chinese discipline of meditative practiced movements. The practice will recall standing memorized steps in motion while clearly instructed masterfully with **Judy Bonafede**. Modifications are given.

**F~Aqua Yoga** This class will be offered intermittently on Fridays only. It is therapeutic warm salt-water energy that emphasizes weightless movement in the pool. The class includes mindful yoga poses and balance holds and stretches to challenge the core and the stabilizing muscles needed for hip flexion, walking and stepping while benefitting from being weightless.

#### **Daily Fitness Center & Pool Hours: 6am-9pm ~ 4pm-8pm for Canterbury Next Guests**

Are you NEW to our Fitness Center & looking for your individual personalized program on our HUR equipment? Please contact Traci or Susan to schedule your Fitness Orientation Appointment with us. Get started today! Call Traci or Susan 929-5120/929-5838

**All participants are required to submit a doctor medical release on or before orientation**

April 2025