Here is a list of (free unless otherwise noted) exercise programs available to all Freedom Village residents:

**B-FIT**

*Monday & Wednesday 1:30 - 2:00pm*
*Thursday 1:00 – 1:30pm Auditorium*

(formerly Movement is Medicine)

This program is an **all seated** fitness activity that focuses on strength training, balance and flexibility by using a variety of movements which are all completed while in a **seated** position. This **low impact** program is appropriate for residents who have difficulty with a standing fitness routine or who are chair bound. A certified fitness instructor leads the program who can help with equipment, transfers, and suggest alternative movements for exercises that prove to be problematic, or, if a resident would like to emphasize a specific area of need or concentration.

*This program is an ideal follow-up of the Matter Of Balance Program exercises. The program is especially appropriate for those seeking a low level activity, and those who have been inactive for an extended period of time.*

**Sit & Fit**

*Tuesday & Thursday 9:00 – 10:00am*
*Auditorium*

This program is appropriate for residents who are comfortable exercising both in and out of a chair. This **medium impact** program focuses on strength training, balance and flexibility utilizing a variety of equipment. This program is led by a certified fitness instructor who can help with modifications to any exercise needed to ensure residents can either do a more strenuous workout or cater the moves to any limitations.

*This program is an ideal follow-up of the Matter Of Balance Program exercises. The program is appropriate for the more active resident desiring a moderate level activity to improve their overall fitness level.*
Fit Lite  Monday & Wednesday 9:15 am – 10:00 am  
Auditorium

This program is a **high-energy** activity that focuses on strengthening, movement and agility utilizing a variety of equipment. This program is recommended for those with good balance who are seeking to experience some cardio conditioning in their workout routine. A certified fitness instructor from the YMCA leads this program. Please ask the instructor for modifications to any movements that may be difficult or that you would like to be more strenuous.

**POOL ACTIVITIES**

**Rhythm & Waves**  Monday & Friday (2 Sessions)  
Pool  8:30 – 9:30am  
9:30 – 10:30am

This program is a water aerobics class which focuses on fitness and exercise with **little to no joint impact** due to the support of the water. This program is especially good for anyone with arthritis, weak joints or back pain. A certified fitness instructor from Ageless Exercise leads the program. Inform the instructor if any exercises prove to be problematic and modification exercise will be suggested. Class size is limited but all residents are welcome and spots are open. Remember to sign-in when participating.

**Aqua Fit**  Wednesday 9:00 – 10:00am Pool

This program is very similar to Rhythm and Waves with its low joint impact level. The program is led by resident instructors and serves as a supplement middle-of-the-week activity to the Rhythm & Waves program.

**Aqua Arthritis**  Saturday 9:00 – 9:45am Pool  
(formerly Aquatic Arthritis)

A 45-minute warm water exercise program shown to reduce pain and improve overall health by gaining strength and flexibility without excess strain on joints and muscles. The program has been developed by the Arthritis Foundation and is led by a YMCA instructor.
ALTERNATIVE ACTIVITIES

Chair Yoga  
Tuesday 11:45am & Friday 11:00am  
Auditorium

This yoga program is **all seated** and is especially appropriate for residents who are chair bound. This is a **low impact** fitness activity that focuses on strengthening one’s core muscles and enhancing breathing and relaxation techniques. This program incorporates many upper body movements and breathing exercises and is desirable for residents preferring a later morning activity. A certified fitness instructor from Ageless Exercise leads the program. Activities can be modified for individual needs.

Tai Chi  
Tuesday 10:00am – 11:00am  
Auditorium

This program is a complete mind and body internal Chinese martial art that increases stamina, strength, balance and concentration skills. The slow and graceful movements relax and strengthen the body and mind, help to relieve stress, develop flexibility and coordination, which is particularly beneficial to older adults combating a variety of health conditions and disabilities. Resident instructors lead this program.

ACTIVITIES

Personal Fitness Program  
One-on-one individualized fitness training. With the assistance of a physical therapist develop a personal fitness plan that is designed to meet your specific level of ability. A plan designed to meet your specific fitness needs. Contact Kim Ranck at telephone extension #2539 to schedule a free initial consultation session. (This is a fee based program.)

Let’s Dance  
1st & 3rd Tuesday 7:30pm  
Auditorium

Residents gather to dance to their favorite recorded melodies. Dancing is beneficial in maintaining balance and overall conditioning.  
**(NOTE: Program currently suspended.)**

Dancercise  
Tuesdays 11:00  
Auditorium  
**(NOTE: Program currently suspended.)**
# FACILITIES

**Pool**
Open 24 hrs. for resident use. (Unavailable when scheduled aquatic activities are in progress).

**Fitness Center**
Open 24 hrs. for resident use.

**Equipment Instruction/Training**
Alternate Tuesdays & Thursdays 2:00-3:00pm

**Check the Bugle for the exact schedule**
Learn to correctly use the Fitness Center equipment. Also learn to develop a routine using the equipment.

**Auditorium**
Open 24 hrs. for resident use. A special surface walking track is located around the perimeter of the auditorium. (Unavailable when scheduled programs and activities are in progress). 16 times around the track = 1 mile.

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