

BROOKFIELD REGENCY

EXERCISE CLASS DESCRIPTIONS

Memory Care Fit – Exercise class that focuses on large motor skill improvement. Small hand weights and exercise bands are used for strength and stretching to assist with improving range of motion.

Location: Memory Care CBRF. Duration: 30 mins. Class Type: Memory Care

Morning Fit – Leverage exercise bands of varying tensions along with 1- and 2-pound dumbbells. Drumsticks are used for rhythmic drumming as a fun cardio component set to music.

Location: Fitness Room. Duration: 45 mins. Class Type: Assisted/Attended

Functionally Fit – This class is both seated and standing. In the seated portion of this class, exercise bands of varying tensions are used. Participants stand behind chair with dumbbells and various upper and lower body combinations are performed to increase strength and balance. Drumming routines set to music for cardio finish off this workout.

Location: Community Room. Duration: 50 mins. Class Type: Independent

Afternoon Fit – Leverage exercise bands of varying tensions along with 1- and 2-pound dumbbells. Drumsticks are used for rhythmic drumming as a fun cardio component set to music.

Location: Media Room. Duration: 45 mins. Class Type: Assisted/Attended

Balance Stretch & Stability – This format focuses on exercises that strengthen the core muscles and utilizes movements that increase stability. Participants perform exercises both seated and standing using a soft ball and wooden dowel. Class ends with a stretch segment.

Location: Community Room. Duration: 30-40 mins. Class Type: Independent

Fun Friday (Active Mind & Body) – This group meets every Friday. We alternate between an active game one week and the next week a mind game. Active game examples include bean bag toss and Velcro ball darts. Mind games include trivia, Pictionary, and other word games.

Location: Community Room. Duration: 60 mins. Class Type: Independent

Mind & Body Fit – The first part of the class is physical exercise, and the second half of the class is mental exercise.

Location: Fitness Room. Duration: 60 mins. Class Type: Assisted/Attended

Walk In the Park – This month residents can take a walk around Lapham Peak on Wednesday, June 7th. Get on those walking shoes and soak up some nature while getting your daily steps in!