

# NEW BERLIN REGENCY - EXERCISE CLASS DESCRIPTIONS

1. **NEW! Gentle Floor Yoga** - Feel the positive effects yoga has on cellular aging, mobility, balance, mental health, and prevention of cognitive decline. This class will be on the floor/mat and choreographed to mitigate stress in the mind and body. Wind down with a meditation segment from Cari Terry's smooth voice. Bring a mat if you have one. *\*Employees and residents are welcome to attend\**  
(60 minutes) Exertion level = 2
2. **NEW! Seated Introduction to Simple Joy Yoga** - Learn the vocabulary and movements of basic yoga while fully seated. Wind down with a meditation segment from Cari Terry's smooth voice. Feel the positive effects yoga has on cellular aging, mobility, balance, mental health, and prevention of cognitive decline. (45 minutes) Exertion level = 1-2
3. **NEW! Help with Daily Electronics** – Resident David Z. holds degrees in Electrical Engineering and Computer Science and 25+ years as engineer & computer professional. Meet David, sign-up for help and learn a thing or two on Monday, September 18<sup>th</sup> at 1:00 pm in the Fitness Center.
4. **NEW! Neurobics (Assisted Living)** – Get active this month by waking up your muscles and training the brain. Certified instructor, Mary Wood will be teaching a 45 minute class that builds memory through multi-tasking and body movement.  
(45 minutes) Exertion level = 1, Monday's, 10:00 am. *Assisted Living*
5. **Seated Movement (Regent's Club)** – This class can help alleviate the aches and pains of the aging body. Feeling tired, weak, ornery? Movement can help mitigate those feelings and help you better navigate day-to-day activities.  
(30 minutes) Exertion level = 1, Tuesday & Thursday, 11:00 am.
6. **Seated Full Body** – Assorted seated workouts from head to toe, leveraging your own body weight incorporating hand, arm, and leg movements. For beginners and anyone who could benefit from a full body wake-up!  
(30 minutes) Exertion level = 2, Monday & Wednesday, 11:00 am.
7. **Balance** – Seated and standing (behind a chair) full body exercises to help increase muscle strength, balance, stability and fall prevention. Resting between movements included. (30 minutes) Exertion level = 1 & 2, Wednesday, 1:00 pm.
8. **Cardio Drumming** – Seated or standing, combine cardio exercise and drumming to lively music. Improve your rhythm, increase your cardio output, and burn calories! No prior drumming experience required.  
(30 minutes) Exertion level = 1, 2 & 3, Tuesday & Thursday, 1:00 pm.
9. **StrongBodies™ Strength Training** – Structured, safe, and effective evidence-based strength-training program developed for adults of any age. Brought to you through the UW-Madison Extension. Recovery/rest time included between sets. This program is open to the public. Contact Jane to register at (262) 330-5162. (90 minutes) Exertion level = 2 & 3, Monday, Wednesday & Friday, 9:00 am.
10. **Walking Program** – Finish your walk through Bali through September. Prizes awarded to the top steppers for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Pick up a tracking sheet in the Fieldpoint Fitness Center.

Questions or to register for a class call the Fieldpoint Fitness Center (262) 330-5162.