

REGENCY NEW BERLIN EXERCISE CLASS DESCRIPTIONS

1. **SEATED EXERCISE (Fieldpointe Fitness Center)** – 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.*
2. **SEATED EXERCISE (Regent's Club)** – This class can help alleviate the aches and pains of the aging body. Feeling tired, weak, or a bit 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.
3. **BALANCE 1** – Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. Resting between movements.
(30 minutes) Exertion level = 1, Monday & Wednesday, 1:00 pm.
4. **BALANCE 2** – Standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. Resting between movements included.
(30 minutes) Exertion level = 1 & 2, Monday, 1:00 pm.
5. **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.
6. **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. *Register by calling (262) 330-5162.*
(90 minutes) Exertion level = 2 & 3, Monday, Wednesday & Friday, 9:00 am.
7. **STRETCH** – Get limbered up on Friday's by stretching the entire body!
(30 minutes) Exertion level = 0 & 1, Friday, 11:00am.
8. **WALKING CHALLENGE** –Track your steps for three months. Prizes are awarded to the steppers in 1st, 2nd, and 3rd place. Pick up a tracking sheet in the Fieldpointe Fitness Center or at the Welcome Centers.

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