

FRIENDS IN ACTION FITNESS PROGRAM

New class schedule as of April 25.

The Fitness Room is open Monday – Friday, 8:00 – 5:00.

Fitness Guidance in the Fitness Room: Rebecca Bailey is available to answer any fitness questions you may have and is also available to provide blood pressure checks. She is an NASM Certified Personal Trainer, Group Personal Training Specialist, Weight Loss Specialist, Fitness Nutrition Specialist; Senior Fitness Specialist; AFAA Certified Group Fitness Instructor and she is a Cardiac Rehab Nurse at the YMCA.

Tuesdays: 9:30am to 11:00am - Location: Friends in Action

Thursdays: 9:45am to 11:00am - Location Friends in Action

FIA volunteer Mary Ann Lock is also available by appointment for fitness room orientations. (Call 664-6016 to make appointments.)

TUESDAY CLASSES

MODIFYING: Introduction to Exercise Modifications: Rebecca will help you explore proper form for many common exercises and how to modify properly for arthritis, osteoporosis and more, to protect knees, hips, ankles and spine. This is for all levels, beginners, and experienced exercisers alike. The class can be done seated or standing and proper modifications will be provided. *Starts in April. **Tuesdays 8:30am to 9:00am - Location: Friends in Action***

GENTLE STRETCH: Rebecca will lead you through a series of gentle stretches to help relax the body and increase flexibility and mobility. Better flexibility can help with all activities of daily living. We will also incorporate deep breathing exercises into this class, to stimulate the lymphatic system and strengthen the immune system. This class is for all fitness levels and can be done seated or standing; proper modifications will be provided. *Starts in April. **Tuesdays 9:00am to 9:30am - Location: Friends in Action***

UBE “FORM AND FUNCTION”: at the UBE facility, 4 Mariaville Road, Ellsworth. This class is for everyone, whatever your fitness level. Learn better posture, improve balance, and strengthen your entire body, using a wide variety of techniques. Trainer Ursula Gammelin will help you improve in all areas and have fun at the same time! ***Tuesdays 10:00am to 11:00am - Location: UBE, 4 Mariaville Road. Ellsworth***

“FUNCTIONAL FITNESS WITH BALANCE TRAINING”: This class will improve strength and balance in activities of daily living. Rebecca will lead you through movements such as walking, squatting, bending, pushing, pulling, hinge movements and rotations to stimulate all the major muscle groups in your body and improve your endurance and flexibility. This class is designed to help improve your balance to improve coordination, with the goal of preventing falls and strengthening muscles to improve your ability to hold yourself upright while improving self confidence and overall health. This is for all fitness levels and can be done seated or standing; proper modifications will be provided. *Starts in April. **Tuesdays 11:15am to 12:00pm - Location: Friends in Action***

THURSDAY CLASSES

UBE “FORM AND FUNCTION”: at the UBE facility, 4 Mariaville Road, Ellsworth. This class is for everyone, whatever your fitness level. Learn better posture, improve balance, and strengthen your entire body, using a wide variety of techniques. Trainer Ursula Gammelin will help you improve in all areas and have fun at the same time! **Thursdays 10:00am to 11:00am - Location: UBE, 4 Mariaville Road. Ellsworth**

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“DEEP BREATHING FOR OPTIMAL HEALTH”: Rebecca will lead you through multiple deep breathing exercises and techniques to improve overall health. Here are just a few of the possible benefits of deep breathing exercises: lower blood pressure, improve overall quality of life for people with asthma and COPD, help manage symptoms of depression and anxiety and help decrease and manage stress. You will move through breathing exercises to promote diaphragmatic breathing which works to decongest the lymphatic system, improve relaxation for mental health and increase the elimination of toxins from your body. All fitness levels are encouraged to attend. The class can be done seated or standing and proper modifications will be provided. *Starts in April.* **Thursdays 12:15 to 12:45 - Location: Friends in Action**

GROUP GAMES

Location: Friends in Action

INTRODUCTION TO PETANQUE (“p’tonk”) FOR ALL AGES: This popular French game using “boules” is relatively unknown here but is one that will soon get you laughing and completely hooked! Teams compete for points by tossing a “boule”. Points are earned by being as close as possible to the “jack”. Everyone of any age, from children to the very old, can enjoy this game together, whether playing from a wheelchair or completely ambulatory! As you learn, you develop skills and strategies. This is played indoors or out. We will start in the gym! Coach John Nicolai will teach all the aspects of the game. No fee but donations gratefully accepted. *Starts April 26.*

DAY PASS OR Fitness Guidance per visit:	\$8 PER DAY
FITNESS ROOM & fitness guidance:	\$40 per month
FITNESS CLASSES ONLY:	\$55 per month
FITNESS ROOM, GUIDANCE AND CLASSES	\$65 per month
THREE MONTH FITNESS PASS	\$165 for three months