

# EXERCISE CLASSES FOR SENIOR SERVICES CENTER AND OUTLYING AREAS

## SENIOR SERVICES CENTER

251 N. Center Street, Joliet, IL

### Country Line Dancing

**Mondays (8 Class session 3/27 to 5/15 & 5/22 to 7/17)  
10:00-11:30**

Suggested Donation is \$25/\$35 per 8 class session. Monday is more of a beginner/experienced dance session and no partner is needed. This class is taught by a qualified instructor.

### Country Line Dancing BEGINNERS CLASS

**Wednesdays (8 Class session 4/26 to 6/14 & 6/21 to 8/9) 9:00-10:00AM**

Suggested Donation is \$25/\$35 per 8 class session. This class is for anyone that wants to learn the very basics of line dancing. No partner needed. This class is taught by a qualified instructor.

### Country Line Dancing BEGINNERS+ CLASS

**Wednesdays (8 Class session 5/3 to 6/21 & 6/28 to 8/16)  
10:15-11:15AM**

Suggested

Donation is \$25/\$35 per 8 class session. This class is for anyone that needs to move up from beginners but not quite ready for experienced. No partner needed. This class is taught by a qualified instructor.

### Country Line Dancing

**Fridays (8 Class session 5/5 to 6/23 & 6/30 to 8/18)  
10:00-11:30AM**

Suggested Donation is \$25/\$35 per 8 class sessions. Friday is more of an experienced dancer session and no partner is needed. This class is taught by a qualified instructor.

### Stretch & Tone

**Tuesdays (10 Class session 3/21 to 5/23 & 5/30 to 8/8)  
8:30-9:30am**

Suggested Donation is \$25/\$35 per 10 class session. This is a lower impact class and offers cardio, stretching, weight training, and balance exercises.

### Stretch & Tone

**Fridays (10 Class session 4/21 to 6/23 & 6/30 to 9/1)  
8:30-9:30am**

Suggested Donation is \$25/\$35 per 10 class session. Suggested Donation is \$25/\$35 per 10 class session. This is a lower impact class and offers cardio, stretching, weight training, and balance exercises.

**PLEASE NOTE: If you sign up for both Tuesday and Friday stretch & tone classes, the suggested donation is \$45. Posted prices are member and non-member fees.**

Please use the registration form in back of the newsletter to register

### P.A.C.E. (People with Arthritis Can Exercise)

**Mondays & Fridays.....2:00—3:00 pm**

This is a low impact class. Class is stretching and toning and toning that are gentle on the joints (FREE)

### Active Yoga Senior Services Center

**Tuesdays (8 class session 4/25 to 6/13 & 6/20 to 8/15)  
10 to 11 a.m.**

**Class is limited to 16 due to space restrictions.**

**PLEASE NOTE: Suggested Donation \$35/\$45 per session.** Class changes weekly based on the needs of the students. Standing poses, reclined poses, balancing poses will all be used to increase flexibility and strength and deepen awareness of breath control. This class is designed to bring the mobile senior into a state of calmness and balance using many methods. This class is taught by a qualified instructor.

### Tai Chi

**JOLIET(12 Weeks) See page 12 for more info.**

**Tuesdays (Beginner 3/14 to 5/30 & 6/20 to 9/19)  
10-11am**

**Tuesdays (Intermediate 3/14 to 5/30 & 6/20 to 9/19)  
11:15am-12:15pm**

**Cost is \$30.00**

### OUTLYING AREAS

**ELWOOD VILLAGE HALL,  
401 E. Mississippi**

### Tai Chi

**Monday's (12 weeks 3/13 to 5/29 & 6/19 to 9/18)  
10am -11am**

**NEW LENOX SENIOR HOUSING  
1090 Cedar Rd.**

### Tai Chi

**Tuesdays (12 weeks 3/14 to 5/30 & 6/20 to 9/19)  
1:00pm-2:00pm**

**Suggested Donation is \$30/\$40 per 12 week session.  
Please contact the Senior Services to register or receive more information by calling 815-723-9713**

**\*Please check with the office about available sessions by calling 815-723-9713.**