

# *“For Your Information”*

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

**February 11, 2021**

## New Fitness Classes

Three new group fitness classes will be added to the weekly schedule starting Monday, February 15. Please view channel 900 or the weekly bulletin for days/times.

- **Guided Imagery** - This class is a form of focused relaxation that helps create harmony between the mind and body. Your imagination will be guided to create calm, peaceful images in your mind, thereby providing a “mental escape.” Imagery has a positive effect on heart rate, blood pressure, breathing and oxygen rates, brain waves, and hormone balance.  
**A great class for many residents! Participants may lie down or remain seated.**
- **Move & Groove (Dance Fitness Class)** - This class will get your heart pumping and energy soaring! Have fun while dancing to your favorite tunes. Improve your heart & lung function while improving muscular strength and endurance. Increase your coordination and boost your mood!  
**This class will require long periods of independent standing and moving for 45 minutes.**
- **On the Move** - This class is designed to improve walking gait and walking balance. The 45-minute class consists of stationary weight transfer to warm up, followed by lower body and core strengthening exercises, and concludes with 10-15 minutes of walking patterns with multiple turns, change of direction and speeds.  
**This class will require long periods of independent standing and walking for up to 45 minutes.**

There is NO sign up for participation. Residents may participate on a first come, first serve basis and must remain masked throughout the entire class. Also, participants must have been evaluated by Bill Burtner or the Fitness Center staff within the past 12 months. Each class can accommodate up to 18 participants and will be held in the auditorium through March 26. New residents, or residents who have not participated in classes or Fitness Center activities for the past 12 months, can contact the Fitness Center at ext. 8543 to schedule an evaluation.

