



Brighton Recreation Winter/Spring 2020



DAYTIME WELLNESS

MONDAYS

Osteoporosis Prevention & Posture

11:30 am-12:15 pm Ron Wood, PT

Exercise & posture can positively impact osteoporosis by slowing the progression—in some cases, improve bone density a little bit. Learn routines supported by clinical research.

Gentle Yoga

2:00-3:00 pm Cindi Rittenhouse

Flow through yoga poses to help improve your strength, flexibility & balance.

TUESDAYS

Fitness for Seniors

10:30-11:15 am Sue Johnson

Lively aerobic fitness class done to music! Improve your cardiovascular health, stamina & mobility. Leave class feeling energized for the day.

Tai Chi for Arthritis & Falls-Prevention

2:00-3:00 pm Lifespan Instructor

Slow movement with deep breathing. Benefits? Increased strength, balance & posture, falls-prevention, improved mind, body & spirit, reduced stress & increase relaxation.

WEDNESDAYS

Water Walking

9:30-10:30 am No Instruction Provided

Living Healthy Program

9:30am-12:00pm Lifespan

Lifespan of Rochester offers this series to maximize wellness in Senior lifestyles.

Get Strong w/ Weights

10:30-11:15 am Sue Johnson

Use h& weights while moving to a musical beat. Work the 12 major muscle groups of your body. Warm up, stretch, & strengthening exercises using dumbbell weights.

Zumba Gold

1:30-2:15 pm Michele Medina

Build heart health, challenge the heart & work muscles of the hips, legs & arms with dance moves. Approachable for all, regardless of fitness level. Dance experience not required.

THURSDAYS

Easy Stability Ball

10:00-10:45 am Sue Johnson

Strengthen your core while promoting heart health. Easy-to-follow aerobic moves done to a musical beat. Remaining time you'll learn basic stability ball exercises using the wall for support, if needed.

Tai Chi for Balance & Well-Being

11-11:45 am Master Kathy Gill

Increase awareness & coordination, nurturing relaxation breathing & making progress without force in improving flexibility, pain management & overall well-being. Everyone is welcome from beginners to experienced, & of any age or physical ability. The set of movements is brief, begins with qigong meditations & has the option of being seated during instruction.

FRIDAYS

Core Strength w/ Stability Ball

9:00-10:00 am Sue Johnson

Non-stop stability ball workout with controlled fluid movement to strengthen your core, glutes & legs. Hand Weights & Resistance Bands add to the upper body workout. Because you must maintain your balance, your entire body is working throughout the hour.

Water Walking

9:30-10:30 am No Instruction Provided

Aging Mastery

2:30-4:00 pm Lifespan Instructor

Navigate Longer Life: Discover new realities of aging, make the most of the gift of longevity, & take small steps to improve health, financial well-being, social connection, & overall quality of life. Gain skills & tools to manage health, remain secure economically, & contribute actively in society.

SATURDAYS

Water Exercise

9:30-10:30 am Kathryn Jensen

SUNDAYS

Adult Fencing

11:30 am-12:30 pm Roc Fencing Club

Want to learn a fun & new skill that provides a great cardiovascular workout while improving mental agility? Then come try the Olympic sport of fencing! You'll learn the basic rules, stance, footwork, & blade work in our beginner course. Fencing is a great sport for people of all ages & physical condition. Due to USA Fencing regulations, please bring \$10 to your first class to be registered with USA Fencing. Sneakers required.

FOR FULL DETAILS & TO REGISTER

On the Web: www.townofbrighton.com/rec
& click on the blue "REGISTER NOW" button

Stop by our Office: 220 Idlewood Rd, Rochester NY 14618

Call us: (585) 784-5260 ext. 0