

# Exercise Class Descriptions

**GENTLE MOVEMENT** Exercise class that focuses on large motor skill improvement. Small hand weights are used for strength and stretches will assist with improving range of motion. Location: Memory Care CBRF. Duration: 30 mins.

**Class Type: Memory Care**

**STRETCH** Exercise class that focuses on slow controlled stretching movements for those to help alleviate the aches and pains of the aging body and improve range of motion.

Location: Memory Care CBRF. Duration: 30 mins.

**Class Type: Memory Care**

**MORNING FIT** Leverage exercise bands of varying tensions along with 1, 2 or 3 pound dumbbells. Class ends with a stretch sequence. Location: Fitness Room. Duration: 30 mins.

**Class Type: Assisted/Attended**

**FUNCTIONALLY FIT** This class is both seated and standing. In the seated portion of this class, exercise bands of varying tensions are used. Participants stand behind chair with dumbbells and various upper and lower body combinations are performed to increase strength and balance.

Location: Community Room. Duration: 30 mins.

**Class Type: Independent**

**TAI CHI** - Slow, gentle movements, focusing on posture with controlled breathing.

Location Community Room. Duration 30 mins.

**Class Type: Independent**

**BALANCE** This format focuses on exercises that strengthen the core muscles and utilizes movements that increase stability. Participants perform exercises both seated and standing using a soft ball and wooden dowel. Class ends with a stretch segment.

Location: Community Room or Fitness Room. Duration: 30 mins.

**Class Type: Independent or Assisted/Attended**

**FUN FRIDAY** This group meets every Friday. We alternate between an active game one week and the next week a mind game. Active game examples include bean bag toss and Velcro ball darts.

Mind games include trivia, Pictionary, and other word games.

Location: Community Room. Duration: 60 mins.

**Class Type: Independent**

**MIND/BODY FIT** The first part of the class is physical exercise, and the second half of the class is mental exercise. Location: Fitness Room. Duration: 30 mins.

**Class Type: Assisted/Attended**

**StrongBodies™ STRENGTH TRAINING** - Structured, safe, and effective evidence-based strength-training program brought to you through the UW-Madison Extension with recovery/rest time included. Location: Fitness Center. Duration: 60 mins.

**Class Type: Independent**

**Questions about classes? See or call Hanalaura, Fitness Instructor at (262) 649-4824.**

# REGENCY BROOKFIELD FITNESS CALENDAR

## October 2024



Let's take a walk at Lapham Peak State Park on Wednesday October 16th at 1:00pm. Come see the beautiful Fall colors.



## Fitness & Wellness Programming

### New Class Offering: Cardio Drumming

You have had a “sample” of this at the end of your fitness classes, but now we are offering you a dedicated Cardio Drum class starting this month!

**How will it work?!**

We will keep the upbeat music and fitness moves, but add fitness balls placed in large buckets to act as the drum, to provide some additional cardiovascular fitness fun!

**Come join us in the Fitness Center on Friday's at 12:00pm.**

**KEY:**

**FR - Fitness Room (North)**

**FC - Fitness Center (South)**

**MC - Memory Care (North)**

**CM - Community Room (South)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<h1 style="color: orange;">Fitness Calendar</h1> <h1 style="color: black;">October 2024</h1>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>		
			9:00 Stretch MC 10:00 Tai Chi CM	8:45 Gentle Movement MC 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	9:00 Stretch MC 1:00 Balance CM 3:30 Balance FR	8:45 Gentle Movement MC 9:30 Mind/Body Fit FR 10:30 Fun Friday CM 12:00 Cardio Drum FC		
		<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		8:45 Gentle Movement MC 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	9:00 Stretch MC 10:00 Tai Chi FC	<b>NO CLASS</b>	9:00 Stretch MC 1:00 Balance CM 3:30 Balance FR	<b>NO CLASS</b>		
		<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:45 Gentle Movement MC 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	9:00 Stretch MC 10:00 NO CLASS	8:45 Gentle Movement MC 9:30 Morning Fit FR 11:00 StrongBodies FC 1:00 <b>Fitness Walk at Lapham Peak</b>	9:00 Stretch MC 1:00 Balance CM 3:30 Balance FR	<b>NO CLASS</b>				
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>		
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>				
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