

Fitness 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

CARDIO DRUMMING – In this seated/standing class, you will drum to lively music as a form of cardio exercise. The class will improve your rhythm, increase your cardio output, and burn calories! No prior drumming experience required. Location: Fitness Room. Duration: 30 mins.
Class Type: Assisted/Attended and 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 Fitness Instructor Hanalaura: (262) 649-4824.

REGENCY BROOKFIELD FITNESS CALENDAR

November 2024

Fitness & Wellness Programming

There will be minimal class offerings Nov 18th-20th due to Hanalaura's enrollment in a leadership training for a wellness program titled "Stepping On".

More information to come on this program in the new year!

Fitness Class Reminders

We are now offering a **Cardio Drum** class on Friday's at 12:00pm in the Fitness Center! What is Cardio Drum?
Come check it out!

Balance class is now on Thursday's at 1:00pm in the Community Room!
The bus will pick you up for the Social at North!

Final Outdoor Fitness Walk of 2024

Foxbrook Park
November 6th @ 1:15pm

KEY:

FR - Fitness Room (North)

FC - Fitness Center (South)

MC - Memory Care (North)

CM - Community Room (South)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

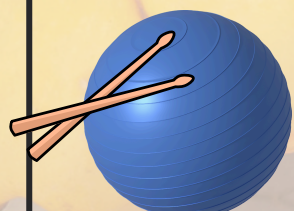
THURSDAY

FRIDAY

SATURDAY

Brookfield Fitness

November 2024



1
8:45 Gentle Movement
9:30 Mind/Body Fit FR
10:30 Fun Friday CM
12:00 Cardio Drum FC

2

3

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
1:30 Functionally Fit CM
2:30 Cardio Drum FR

4

9:00 Stretch MC
10:00 NO CLASS CM

5

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
**1:15 Fitness Walk at
Foxbrook Park**
2:30 Cardio Drum FR

6

9:00 Stretch MC
1:00 Balance CM
3:30 Balance FR

7

8:45 Gentle Movement
9:30 Mind/Body Fit FR
10:30 Fun Friday CM
12:00 Cardio Drum FC

8

9

10

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
1:30 Functionally Fit CM
2:30 Cardio Drum FR

11

9:00 Stretch MC
10:00 Tai Chi CM

12

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
1:30 Functionally Fit CM
2:30 Cardio Drum FR

13

9:00 Stretch MC
1:00 Balance CM
3:30 Balance FR

14

8:45 Gentle Movement
9:30 Mind/Body Fit FR
10:30 Fun Friday CM
12:00 Cardio Drum FC

15

16

17

NO CLASS

18

9:00 Stretch MC
10:00 Tai Chi CM

19

8:45 Gentle Movement
9:30 NO CLASS FR
11:00 NO CLASS FC
1:30 NO CLASS CM
2:30 NO CLASS FR

20

9:00 Stretch MC
1:00 Balance CM
3:30 Balance FR

21

8:45 Gentle Movement
9:30 Mind/Body Fit FR
10:30 Fun Friday CM
12:00 Cardio Drum FC

22

23

24

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
1:30 Functionally Fit CM
2:30 Cardio Drum FR

25

9:00 Stretch MC
10:00 NO CLASS CM

26

8:45 Gentle Movement
9:30 Morning Fit FR
11:00 StrongBodies FC
1:30 Functionally Fit CM
2:30 Cardio Drum FR

27



28

NO CLASS

29



30