

Fitness Class Descriptions

Bone Health: Tips to Keep Your Bones Healthy - Discover essential strategies for maintaining strong bones at this informative community event. Meet the ProHealth Bone Health Program team and learn about the prevention and treatment of bone-related conditions. **Nov. 5th @ 10:00 am, The Lodge Lower Atrium**

Stretch - Loosen muscles with easy movements. Work out your aches, pains, and strengthen your balance all in one!

Class duration: 30 minutes. Instructor: Susie.

Cardio Drumming, Level 1 or 2 - Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior "drumming" experience required.

Level 1 is a seated, slower paced class.

Level 2 is a seated or standing, fast paced, challenging class.

Class duration: 30-45 minutes. Instructor: Susie.

Simple Joy Yoga - Gentle Yoga with Certified Instructor Cari Terry. Fully seated movements adjusted for all abilities.

Duration: 45 minutes + meditation.

Seated Dance - Elevate your heart rate and work up a little sweat to lively music. If you enjoy Seated Full Body and would like a little more from your workout, this class is for you!

Class duration: 30 minutes. Instructor: Susie.

Strength- Similar to the StrongBodies program, this class is a structured, safe, and effective strength-training program targeting the entire body developed by our fitness staff for adults of any age.

Class duration: 30 - 45 minutes. Instructor: Susie.

Fall Prevention - Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention.

Class Duration: 30 minutes. Instructor: Susie.

MUSKEGO FITNESS CALENDAR

November 2024



All Fitness classes, including Seated Dance on Wednesday at 1:00pm, take place in the Lodge Fitness Center on the 2nd floor.



Meet your NEW Fitness Instructor: Susie Cypcar

Susie is a dedicated and passionate fitness instructor with certifications in Personal Training, Nutrition, and Corrective Exercise from the National Academy of Sports Medicine (NASM). With a strong foundation in evidence-based fitness and wellness practices, Susie is committed to helping our Muskego Regency residents achieve their health and fitness goals through class instruction, training programs, and nutritional advice.

Outside of the gym, Susie enjoys a fulfilling family life with a loving husband and four adult children. She leads a walking group on weekends and enjoys playing guitar and running.

Please help us welcome Susie to the Muskego Regency family!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

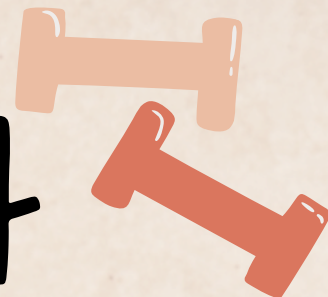
THURSDAY

FRIDAY

SATURDAY

Fitness Calendar

November 2024



3

NO CLASS

4

10:00 Bone Health
10:30 NO Yoga
1:00 Fall Prevention

5

10:30 Strength
1:00 Seated Dance

6

10:30 Cardio Drum

7

10:30 Strength

8

10:30 Strength

9

10

10:30 STRETCH
11:15 Cardio Drum 2

11

10:30 Yoga
1:00 Fall Prevention

12

10:30 Strength
1:00 Seated Dance

13

10:30 Cardio Drum

14

10:30 Strength

15

17

10:30 STRETCH
11:15 Cardio Drum 2

18

10:30 NO Yoga
1:00 Fall Prevention

19

10:30 NO CLASS
1:00 Seated Dance

20

10:30 Cardio Drum

21

10:30 Strength

22

24

10:30 STRETCH
11:15 Cardio Drum 2

25

10:30 NO Yoga
1:00 Fall Prevention

26

10:30 Strength
1:00 NO CLASS

27

Thanksgiving

28

10:30 Strength

29

30