

**KEY: FFC - Fieldpointe Fitness Center**

**RC - Regent's Club**

**SC - Sunrise Center**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Fitness Calendar**

**November 2024**



						<b>1</b> 9:00 Strong Bodies™ (FFC) 11:00 STRETCH (FFC) 1:00 STRETCH (SC)	<b>2</b>
<b>3</b>	<b>4</b> 9:00 Strong Bodies™ (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)	<b>5</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)	<b>6</b> 9:00 Strong Bodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) <b>3:00 Chair Dance with Rosita (SC)</b>	<b>7</b> 9:30 Gentle Yoga (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum (SC)	<b>8</b> 9:00 Strong Bodies™ (FFC) 11:00 NO CLASS (FFC) <b>11:30 Fitness Outing: Bowling &amp; Lunch (\$8.00)</b> 1:00 STRETCH (SC)	<b>9</b>	
<b>10</b>	<b>11</b> 9:00 Strong Bodies™ (FFC) 10:30 NO CLASS (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Strong Bodies™ (SC)	<b>12</b> 11:00 Fall Prevention(SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)	<b>13</b> 9:00 NO CLASS (FFC) 11:00 NO CLASS (SC) 11:00 NO CLASS (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	<b>14</b> <b>9-12 Dementia Simulation (RC)</b> 9:30 NO YOGA (FFC) 10:30 NO CLASS (SC) 11:00 NO CLASS (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum (SC)	<b>15</b> 9:00 Strong Bodies™ (FFC) 11:00 STRETCH (FFC) 1:00 STRETCH (SC)	<b>16</b>	
<b>17</b>	<b>18</b> 9:00 Strong Bodies™ (FFC) 10:30 NO CLASS (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)	<b>19</b> 11:00 NO CLASS (SC) 11:00 Exercise 1 (RC) 1:00 NO CLASS (SC) 1:00 Cardio Drum (FFC)	<b>20</b> 9:00 Strong Bodies™ (FFC) 11:00 NO CLASS (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	<b>21</b> 9:30 Gentle Yoga (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum (SC)	<b>22</b> 9:00 Strong Bodies™ (FFC) 11:00 STRETCH (FFC) 1:00 STRETCH (SC)	<b>23</b>	
<b>24</b>	<b>25</b> 9:00 Strong Bodies™ (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) <b>1:00 Lip Balm Station (SC)</b>	<b>26</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)	<b>27</b> 9:00 StrongBodies (FFC) 11:00 Seated Exercise (SC) 11:00 NO CLASS (FFC) 1:00 Fall Prevention (FFC) 1:00 NO CLASS (SC)	<b>28</b> <i>Thanksgiving</i>	<b>29</b> 9:00 NO CLASS (FFC) 11:00 NO CLASS (FFC) 1:00 STRETCH (SC)	<b>30</b>	



## FIELDPOINTE & REGENT'S CLUB EXERCISE CLASSES

1. **StrongBodies™ STRENGTH TRAINING** – Structured, safe, and effective evidence-based strength-training program developed for adults of any age. Brought to you through the UW-Madison Extension. **Registration & strength/ mobility pre-assessment required.** (90 minutes) Exertion level = 2 & 3.
2. **GENTLE YOGA** - This class will be on the floor/mat. Mitigate stress in the mind and body. Wind down with a meditation segment. Bring a mat if you have one. (60 minutes) Exertion level = 2.
3. **EXERCISE 1 (Regent's Club)** – Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.
4. **EXERCISE 2** – Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.
5. **FALL PREVENTION** – Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. Resting between movements is included. (30 mins.) Exertion level = 1 & 2.
6. **CARDIO DRUMMING** – Seated or standing! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardio output, and burn calories. No prior experience required. (30 minutes) Exertion level = All.
7. **STRETCH** – Get limbered up for the weekend! S t r e t c h the entire body! (30 minutes) Exertion level = 0 & 1.
8. **WALKING CHALLENGE!** – Track your steps from Oct-Dec and turn them into Brooke for your 2024 yearly stepping totals. Tracking sheets available in the FFC or Welcome Centers.
9. **Fitness Outing:** On Friday, November 8th, join Brooke and head to the New Berlin Ale House & Bowling Alley for lunch and a round of bowling! Sign up at the National or Fieldpointe Welcome Center. **\$8.00 per person for bowling & shoe rental!**
10. **Dementia Simulation** - Brought to you by the ADRC (Aging and Disability Resource Center) of Waukesha County. 9:00am-12:00pm in the Regents Club. This opportunity provides a simulated reality of what life is like for someone living with dementia. A unique learning experience to build empathy and awareness for all those caring for and living around dementia. **Register by calling (262) 548-7650 or emailing Jen Haders at: [jhaders@waukeshacounty.gov](mailto:jhaders@waukeshacounty.gov).**

Questions or to register for exercise classes contact Brooke Balk (262) 330-5162

## SUNRISE CENTER EXERCISE CLASSES

1. **TAI CHI** - Slow, gentle movements, focusing on posture with controlled breathing. (30 min) Exertion level = 1, Wednesday, 11/13 & 11/20 at 1:00 pm.
2. **CHAIR DANCE** - Seated Chair Dance lead by Rosita to an invigorating array of Latin music. (30 min) Exertion Level = 1. Wednesday, Nov. 6th at 2:00pm.
3. **SEATED EXERCISE** - Energize with a full body workout to increase blood flow and cardio output! (30 minutes) Exertion level = 1, Wednesday at 11:00 am.
4. **STRETCH** - Feeling run down? Relax, limber up, and reduce pain with gentle movement. (30 minutes) Exertion level = 0 & 1, Tuesday 11:00 am.
5. **CARDIO DRUMMING** - Seated class combining cardio exercise and drumming to lively music. No experience required! (30 minutes) Exertion level = 1, Tuesday & Thursday at 1:00 pm.
6. **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. Registration required. See Abbey prior to class start. (60 minutes) Exertion level = 1, Monday & Thursday at 10:30am.

Questions or to register call Abbey : (262) 330-5162