

# 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**

**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

December 2024

## Fitness & Wellness Programming



### “Christmas Fit “

**Monday December 23rd  
1:30pm Community Room**



Let's get our “jingle bell” on! We will workout to upbeat Christmas music and maybe do a little dance or two while seated. The class will have our standing weight work and a cooldown for a well rounded fun workout! See you there!

### Bone Health:

## Tips to Keep Your Bones Healthy

**Monday, December 2nd**

**10:00 am, South Community Room**

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.

Wishing  
Every one  
a  
Very  
Merry  
Christmas  
and  
Healthy  
Holiday  
Season!



**KEY:**

**FR - Fitness Room (North)**

**FC - Fitness Center (South)**

**MC - Memory Care (North)**

**CM - Community Room (South)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 8:45 Gentle Movement 9:30 Morning Fit FR <b>10:00 Bone Health CM</b> 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	<b>3</b> 10:00 Tai Chi CM	<b>4</b> 8:45 NO CLASS MC 9:30 NO CLASS FR 11:00 StrongBodies FC 1:30 NO CLASS CM 2:30 NO CLASS FR	<b>5</b> 1:00 Balance CM 3:30 Balance FR	<b>6</b> 8:45 Gentle Movement 9:30 NO CLASS FR 10:30 NO CLASS CM 12:00 Cardio Drum FC	<b>7</b>
<b>8</b>	<b>9</b> 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	<b>10</b> 10:00 Tai Chi CM	<b>11</b> 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	<b>12</b> 1:00 Balance CM 3:30 Balance FR	<b>13</b> 8:45 Gentle Movement 9:30 Mind/Body Fit FR 10:30 Fun Friday CM 12:00 Cardio Drum FC	<b>14</b>
<b>15</b>	<b>16</b> 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	<b>17</b> <b>NO CLASS</b>	<b>18</b> 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	<b>19</b> 1:00 Balance CM 3:30 Balance FR	<b>20</b> 8:45 Gentle Movement 9:30 Mind/Body Fit FR 11:00 Fun Friday CM 12:00 Cardio Drum FC	<b>21</b>
<b>22</b>	<b>23</b> 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 <b>Christmas Fit CM</b> 2:30 Cardio Drum FR	<b>24</b> <b>NO CLASS</b> 	<b>25</b> <b>NO CLASS</b> 	<b>26</b> <b>NO CLASS</b>	<b>27</b> <b>NO CLASS</b>	<b>28</b>
<b>29</b>	<b>30</b> <b>NO CLASS</b>	<b>31</b> <b>NO CLASS</b>	<b>Fitness Calendar</b> <b>DECEMBER 2024</b> 