



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 10:30 STRETCH 11:15 Cardio Drum 2	3 10:30 Yoga 1:00 Fall Prevention	4 NO CLASS	5 10:30 Cardio Drum	6 10:30 Strength	7
8	9 10:30 STRETCH 11:15 Cardio Drum 2	10 10:30 Yoga 1:00 Fall Prevention	11 10:30 Strength 1:00 Seated Dance	12 10:30 Cardio Drum	13 10:30 Strength	14
15	16 10:30 STRETCH 11:15 Cardio Drum 2	17 10:30 Yoga 1:00 Fall Prevention	18 10:30 Strength 1:00 Seated Dance	19 10:30 Cardio Drum	20 10:30 Strength	21
22	23 10:30 STRETCH 11:15 Cardio Drum 2	24 NO CLASS 	25 NO CLASS	26 10:30 Cardio Drum	27 10:30 Strength	28 
29	30 10:30 STRETCH 11:15 Cardio Drum 2	31 10:30 Fall Prevention 1:00 NO CLASS	Fitness Calendar DECEMBER 2024 			

Fitness Class Descriptions

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, containing exercises that are easy to augment to suit all abilities.

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

December 2024



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

Mindful Eating During the Holidays

Holiday foods and parties can often be our downfall to healthy eating. Here are a few tips to help you navigate this season:

- 1. Plan ahead** - If you know you are going to a party, eat lightly beforehand, but don't starve yourself. Also, make sure you eat something nutrient dense, such high fiber or protein.
- 2. Decide in advance** how many drinks you'll have, then stick to it.
- 3. Prioritize your favorite foods.** Choose two or three of your favorite foods to indulge in. You will find yourself more satisfied than when trying everything. Merry Christmas!

