

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.** **The final day of the current 12-week program is Monday, December 30th when we will complete our post-session assessment!** (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 year end stepping totals. Tracking sheets available in the FFC or Welcome Centers.
9. **CAREGIVER SUPPORT GROUP** - A resident led support group for anyone that is managing caregiving and could use some support. Wed., Dec. 11, 3:00pm - 4:00pm in the Theatre, 3rd floor - above Fieldpoint Welcome Center.

Questions or to register call Brooke: (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, 12/4, 12/11 & 12/18 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, December 4th, 3:00pm.
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 & Friday at 1:00pm.
4. **STRETCH** - Feeling run down? Relax, limber up, and reduce pain with gentle movement. (30 minutes) Exertion level = 0 & 1, Tuesday 1:00 pm.
5. **CARDIO DRUMMING** - Seated class combining cardio exercise and drumming to lively music. No experience required! (30 minutes) Exertion level = 1, Tuesday at 11:00 am.
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 1:00pm.
7. **Holiday Snack:** Looking for a fun Christmas treat? Create a holiday themed snack that is great to share! Mix together some easy ingredients for a holiday themed Chex Mix. Monday, December 16th at 1:00pm in the Sunrise Center!

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

KEY: FFC - Fieldpointe Fitness Center RC - Regent's Club SC - Sunrise Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1	2 9:00 StrongBodies™ (FFC) 10:30 NO CLASS (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)	3 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)	4 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC) 3:00 Chair Dance w/ Rosita (SC)	5 9:30 NO YOGA (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum (SC)	6 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 NO CLASS (SC)	7		
8	9 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)	10 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)	11 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 NO CLASS (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	12 9:30 Gentle Yoga (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum(SC)	13 NO CLASS			
15	16 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Holiday Snacks (SC)	17 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 NO CLASS (SC) 1:00 HOLIDAY Drum (FFC)	18 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Fall Prevention (SC)	19 9:30 Gentle Yoga (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum (SC)	20 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 S T R E T C H (SC)	21		
22	23 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)	24 NO CLASS 		25 NO CLASS 		26 NO CLASS	27 9:00 StrongBodies™ (FFC) 11:00 NO CLASS (FFC) 1:00 S T R E T C H (SC)	28
29	30 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 NO CLASS (FFC)	31 11:00 Fall Prevention (SC) 11:00 NO CLASS (RC) 1:00 Cardio Drum (SC) 1:00 NO CLASS (FFC)	Fitness Calendar DECEMBER 2024 					