

## FIELDPOINTE & REGENT'S CLUB EXERCISE CLASSES

1. **WEAR RED FRIDAY - Friday, February 7th.** An annual event promoted by the American Heart Association to raise awareness about Heart Disease, the #1 killer of Americans, and ways to prevent it. Show your support by wearing red or trying out an exercise class!
2. **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.
3. **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.
4. **EXERCISE 1 (Regent's Club)** - Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.
5. **EXERCISE 2** - Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.
6. **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.
7. **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.
8. **S T R E T C H** - Get limbered up for the weekend! S t r e t c h the entire body! (30 minutes) Exertion level = 0 & 1.
9. **WALKING CHALLENGE!** - Track your steps from Feb - April for our first walking challenge of 2025! Tracking sheets available in the FFC.
10. **FITNESS OUTING:** On Thursday, February 13th, join Brooke for Lunch at Cafe Zupas followed by 18 holes of indoor mini golf at "Big Putts" in Greenfield. **\$11.00 per person.** Call the Trip Reservation Line to reserve your spot (262) 782-6620.

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

## SUNRISE CENTER EXERCISE CLASSES

1. **TAI CHI** - Seated or standing class designed to enhance balance, flexibility, and inner calm. (45 min) Exertion level = 1, Wednesday 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, Feb 12th @ 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. **S T R E T C H** - 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. **Make Your Own Valentine's Day Snack:** Sprinkle in some sweetness to your Valentine's Day! Craft your own Dark Chocolate Pomegranate Bites. Monday, February 10th 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
 <p><b>Fitness Calendar</b> <i>February 2025</i></p>						<p><b>NAILS w/LIZZIE</b> <b>1</b> Thursday's 2/6 9:00 - 2:00 2/13 9:00 - 12:00 2/20 9:00 - 2:00 2/27 9:00 - 2:00 Call Welcome Center to schedule! (262) 649-1092</p>
<p><b>2</b> 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>3</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)</p>	<p><b>4</b> 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 NO CLASS (FFC) 1:00 NO CLASS (FFC) 1:00 Tai Chi (SC)</p>	<p><b>5</b> 9:30 NO YOGA (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum(SC)</p>	<p><b>6</b> <b>WEAR RED FRIDAY</b> <b>7</b> 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 S T R E T C H (SC)</p> 	<p><b>8</b> <b>Licensed Massage Therapist</b> <b>Jacki Carlson</b> Tuesday Feb. 18th 9:30am - 2:30pm Call Jacki to schedule! (262) 894 - 7683</p>	
<p><b>9</b> 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) <b>1:00 Make your own Valentine's Day treat! (SC)</b></p>	<p><b>10</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)</p>	<p><b>11</b> 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC) <b>3:00 Chair Dance w/Rosita (SC)</b></p>	<p><b>12</b> <b>NO CLASS</b> <b>11:00 Fitness Outing: Lunch &amp; "Big Putts" Mini Golf (\$11.00)</b></p>	<p><b>13</b> 9:00 StrongBodies™ (FFC) 11:00 NO CLASS (FFC) 1:00 S T R E T C H (SC)</p>	<p><b>14</b> 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 S T R E T C H (SC)</p>	<p><b>15</b></p>
<p><b>16</b> 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>17</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 NO CLASS (SC) 1:00 Cardio Drum (FFC)</p>	<p><b>18</b> 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)</p>	<p><b>19</b> 9:30 Gentle Yoga (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum(SC)</p>	<p><b>20</b> 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 S T R E T C H (SC)</p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>23</b> 9:00 StrongBodies™ (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>24</b> 11:00 Fall Prevention (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC)</p>	<p><b>25</b> 9:00 StrongBodies™ (FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)</p>	<p><b>26</b> 9:30 Gentle Yoga (FFC) 10:30 StrongBodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Cardio Drum(SC)</p>	<p><b>27</b> 9:00 StrongBodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 S T R E T C H (SC)</p>	<p><b>28</b></p> 	<p><b>29</b></p>