

## NEW FITNESS CLASSES AT ST. JOHN'S PRESBYTERIAN

We are offering three new exercise classes at St. John's. They are open to members and friends of members.

***“Stay Strong Stay Young”*** is resistance training with dumbbells. It is appropriate for any adult who does not currently have active osteoarthritis, acute bone problems or rheumatoid arthritis. It is designed to increase strength, increase lean muscle mass, and help prevent osteoporosis. We have some dumbbells available, but you may want to purchase your own.

***“Growing Strong Together”*** is resistance training with elastic bands. It is recommended for older adults, including those who may have some joint or bone problems. If you have not done strength training before, this is a good program to start, especially if you are over 60 years of age. It is designed to increase strength and increase lean muscle mass. You can purchase the elastic band sets with handles for \$11.00 from Mary Gaber.

***“Tai Chi”*** is short for Tai Chi Chuan, a Chinese martial art form. It consists of slow motion routines intended to teach awareness of one's own balance and what affects it. It is appropriate for adults of all ages and research has shown that it is beneficial in improving balance. There is no equipment needed for this class.

And please, don't forget we offer ***“Walking Together”*** as well. This class is designed to improve cardiovascular fitness through walking. There is no equipment needed for this class.

## Fitness Classes Weekly Schedule\*

Monday

6:30 – 7:15 p.m.

***Walking Together (Pam Tedeschi)***

Tuesday

7:00 – 7:30 p.m.

***Stay Strong Stay Young (Jeanne Leach)***

Wednesday

10:00 – 10:30 a.m.

***Growing Strong Together (Marie Kutz)***

&

10:30 – 11:30 a.m.

***Tai Chi (Abel DeSouza)***

Thursday

10:00 – 10:30 a.m.

***Stay Strong Stay Young (Lynn Hargrove)***

Saturday

9:30 – 11:00 a.m.

***Growing Strong Together (Mary Gaber)***

&

10:00 – 11:00 a.m.

***Tai Chi (Abel DeSouza)***

All classes will meet in  
Building II, Room 209.

There is no charge for any of the classes; however, you may be required to buy equipment as noted.

Please call Mary Gaber (713-204-1613) for further information about any of the classes, or e-mail [moeygoose@hotmail.com](mailto:moeygoose@hotmail.com).

\*This schedule is good through April unless otherwise notified.