

SCHEDULE

GYM (Plaza Level/1st Floor)

9:00-9:30	Stretching
9:40-10:10	KUKUWA
10:20-10:50	Tabata
11:05-11:35	Strength Training
12:45-1:15	Dance Fusion
1:30-2:00	Pickleball Welcome
2:00-3:00	Pickleball Pairings

527 (5th Floor)

9:45-10:15	Happy Feet
10:30-11:00	Healthy Hips & Shoulders
12:45-1:15	El Paso Line Dance Lesson
1:15-3:00	Ballroom Dance

Fitness Center: (5th Floor)

9:30-10:00	Fitness Center Orientation *
10:15-10:45	Fitness Center Orientation *

* Limited Space

411 (4th Floor)

9:15-9:45	Seated Strength Training
1:45-2:15	Feldenkrais: Better Balance
2:30-3:00	Meditation

PLAZA (Outdoors)

10:00-11:00	Fast Forwards Walk the Trails
1:00-2:00	55+ Biking Group Ride to Shirlington

FEATURING • **Smoothie Bike** • Cornhole Contest •
Healthy Cooking Demo • All About FitBit Brownbag •
Punch Passes for Sale • Center Tours • **Information Booths** •
& Much More!



Friday, May 12

9am-3pm

Arlington Mill

Senior Center

909 S. Dinwiddie St.

Arlington, VA 22204

Brought to you by:

Office of Senior Adult Programs



DEPARTMENT OF PARKS
AND RECREATION



To Register Call:

703-228-4771

Or email:

Jweber@arlingtonva.us

Descriptions

Stretching and Foam Rollers (Mira Gross) - GYM/9-9:30am

Get a good stretch to start the day! This flexibility and mobility demo helps to improve the well-being of muscles and joints. Focus on breathing in and out to deepen the stretch.

Seated Strength Training (Joanne Clements) - Room 411/9:15-9:45am

Enjoy gentle flexibility exercises to improve range of motion; strength training to enhance muscle tone, bone density and balance with a cardiovascular workout to strengthen your heart and increase stamina.

Kukuwa African Dance Workout (Divine Senyo) - GYM/9:40-10:10am

A low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins! Let the energy grab you and start moving your arms, waist, hips and legs to a blend of African soukous and Caribbean soca rhythms.

Happy Feet (Mira Gross) - Room 527/9:45-10:15am

Focus on mobilizing and strengthening feet to build strong feet and ankles to prevent common foot injuries. Exercises are done in bare feet as well as using flex band and golf ball props.

Tabata (Joanne Clements) - GYM/10:20-10:50am

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

Healthy Hips & Shoulders (Mira Gross) - Room 527/10:30-11am

Mobilize and strengthen both the shoulder and hip area/legs with balance exercises from the floor and chair.

Strength Training (Andre Ashley) - GYM/11:05-11:35am

Discover your strength training journey by learning which major muscles to work on as well as the proper movement and techniques.

Dance Fusion (Jean Perry) - GYM/12:45-1:15pm

A very unique dance fitness class that combines hip hop, ballet, Latin and Afro-Brazilian moves.

Pickleball Welcome & Pairings (Pickleball Volunteers) - GYM/1:30-3pm

Learn the basics of Pickleball in a friendly and welcoming environment. Equipment provided. A fun mixer style event will follow and consist of blind team pairings where beginners can play with more experienced players.

Feldenkrais: Better Balance (Yulia Kriskovets) - Room 411/1:45-2:15pm

Rediscover balance and safety of your younger self with Guild Certified Feldenkrais Practitioner Yulia Kriskovets. In this gentle movement class based on Feldenkrais Method you will be improving balance, flexibility and comfort. The exercises featured in the class are stress-free, can reduce pain/stiffness/symptoms of arthritis, and aide in recovery from injury. The exercises featured in the class will be done lying on exercise mats .

Meditation (Shaye Moore) - Room 411/2:30-3pm

End the excitement of a fun filled and active day with peaceful meditation. Explore what meditation is, how to meditate and why. Meditation practice includes opening and closing chants and breathing exercises.