

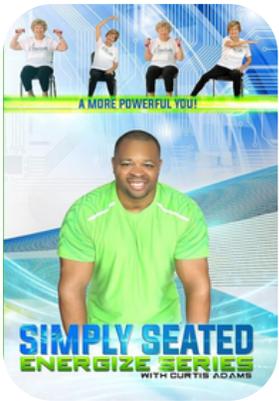
The Hamilton Senior Center Presents:

# DVD INSTRUCTED CLASSES

offered at the Hamilton Senior Center

## Step It Up

"Simply Seated" w/ Curtis Adams



**Mondays & Fridays**

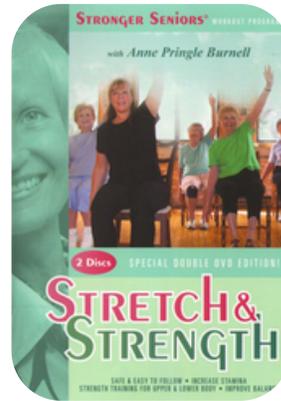
9:00am-9:45am

All Purpose Room

- All exercises done seated
- Challenging & effective
- Easy to follow
- Regain strength
- Improve posture
- Cardio exercises for heart health

## Chair Exercise

"Stretch & Strength" w/ Anne Pringle Burnell



**Tuesdays**

Strength at 9:00am-10:00am

Stretch at 10:00am-11:00am

**Wednesdays**

Stretch at 10:00am-11:00am

- Safe and Easy to follow
- Increase Stamina
- Improve Balance

## Tai Chi

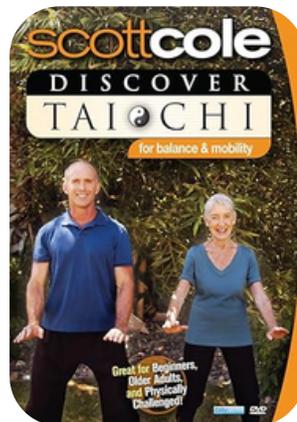
"Discover Tai Chi for balance and mobility" w/ Scott Cole

**Wednesdays**

12:00pm-12:30pm

All Purpose Room

- Safe and Easy to follow
- Improve Balance, strength, flexibility and mobility



## HIIT Workout

"High Intensity Interval Training" w/ Anne Pringle Burnell

**Thursdays**

8:45am-9:45am

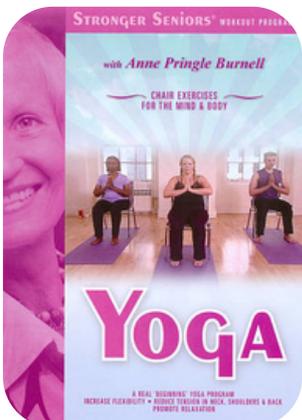
All Purpose Room

- Safe and Easy to follow
- Increase stamina
- Improve Balance



## Chair Yoga

Chair Yoga with Anne Pringle Burnell



**Thursdays**

All Purpose Room

10:00am-11:00am

- Beginner yoga
- Increase flexibility
- Reduce tension in neck, shoulders & back
- Promote relaxation

**No Sign-Up Required for  
any of these classes!**



**All Exercise Programs are  
Designed for Older Adults**