

August Fitness 2025



FRIDAY 1
9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 4
9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 5
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 6
9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 7
9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 8
9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 11
9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 12
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 13
9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 14
9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 15
9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 18
9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 19
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 20
8:45 Stretch
9:30 Resident
Council

THURSDAY 21
9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 22
9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 25
9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 26
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 27
9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 28
9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 29*
NO
FITNESS CLASSES

August 2025



*Final Friday of each month.
Rizzo the dog will join us for
exercise.

GOOD REASONS TO KEEP MOVING!!

Regular exercise can reduce the risk of developing mental health conditions like depression and dementia.

Exercise can help to improve your self-esteem and confidence, leading to a more positive outlook on life.

Endorphins are the body's natural pain killers and mood boosters, and exercise helps to increase their release.

Regular physical activity can improve focus, attention, and memory.

Exercise can even improve sleep quality, making it easier to fall asleep and stay asleep.

Even small amounts of exercise, like a brisk walk, can have a positive impact on mental health.

Regular physical activity can help to improve your overall quality of life!

CLASSES WILL BE HELD IN
THE DICK & PAT NYQUIST
FAMILY CHAPEL
*PLEASE CHECK YOUR
MEADOWS MOMENTS FOR
ANY CHANGES.

FITNESS DESCRIPTIONS

Peterson
Meadows
Active Independent Senior Living

HEALTHY HANDS

A therapeutic class designed for the hands to build strength, increase mobility, flexibility and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

SIT & GET FIT

Full body exercises using resistance bands to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

STRETCH

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

OUTDOOR WALK

Weather permitting, lets walk outside together and enjoy some refreshments after. Meet in Chapel.

CARDIO DRUMS

A fun and simple exercise that activates many muscles with high-intensity drumming movements.

FUNCTIONAL FITNESS

This class incorporated constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

TAI CHI

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

BALANCE

A variety of exercises that mimic everyday movement. Exercises are performed out of your chair and are designed to help improve balance, mobility, hip strength and help with fall prevention.

LINE DANCING

Learn steps to popular line dances. A fun and easy way to get your steps in and also have a great workout.

