



ANNANDALE HEALTH & WELLNESS CENTER

Class Descriptions

Class	Description	Length/Duration
 <i>Moving for Better Balance®</i> Week 1-12  	This class consists of 8-forms Tai Ji Quan. Dr. Li, from the Oregon Research Institute, has adapted and developed a program which we use to offer an integrated training experience in motor-sensory-cognitive systems and postural control, with the ultimate goal of improving performance of daily functional tasks and reducing incidence of falls among older adults. ****FALL PREVENTION CLASS	12 weeks 1 hour 2 times a week
 <i>Moving for Better Balance®</i> Week 13-24  	This class is a building class on the first 12 weeks of the course. Working more with balance, strengthening and the next level to using the 8-forms of Tai Ji Quan that was introduced at first by Dr. Li. This class will also build on the mini therapeutic movements and variations that were previously familiar. By taking this next level class you will be improving yourself even more. ****FALL PREVENTION CLASS	12 weeks 1 hour 2 times a week
SAIL (Stay Active and Independent for Life)  	Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL exercises can be done standing or sitting. The primary target audience is community-dwelling older adults (65+) and people with a history of falls. The SAIL program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users). ****FALL PREVENTION CLASS	60 Min 2 times a week for 12 Weeks Or 3 times a week for 8 weeks
Aerobic Exercise	This class has a visual instructor who instructs members on the exercises that will be done. The segments included in this class are: warm-up, low-impact cardio and a cool- down. You can go at your own pace or keep up with the tempo for a great workout. Before you know it by the end of the class you would have completed 2-miles of movement.	40 Minutes

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Pool Exercise	This is an audio pool exercises class held in our Therapeutic Pool at a temperature of 87 degrees. This class has a variety of exercises, while providing a good cardio workout, for upper and lower body. The second half provides a strengthening through water resistance exercises. The program ends with a cool down and stretching which is a great way to either start or enjoy the rest of your day.	50 Minutes
	Silver & Fit Explore is designed for older adults who are just getting started or are returning to an exercises routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercises options, this is the class for you.	30-45 Minutes
	Silver & Fit Experience is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for Light support. This class will help you take on daily tasks with more ease and keep up with your grandkids!	45-60 Minutes
 Senior Yoga	Senior Yoga is a class that increases your flexibility, balance, and range of motion as you move your entire body through a series of seated and standing yoga poses. Restorative breathing exercises and relaxation promote stress reduction and mental clarity. We have partnered up with Whitney Senior Center who is providing this through their grant.	45 Minutes
Country Line Dancing	Line dancing is a fun way to exercise. The movements are great for increasing brain memory, heart health, coordination, and balance. The class will start by learning very basic steps to a variety of different music genres.	60 Minutes

Fit 4 Life (In-House Tenant Class)	Annandale Health & Community Services has implemented a facility-wide strength training program called Fit 4 Life. Provided through Annandale Health & Wellness Center, these services are based on the principles of exercise physiology, or how the body adapts to exercise stimulus. This is designed to introduce proactive self-care techniques that enhance quality of life; slow down/control the progression of chronic disease or the process of weakness and decline in self-care abilities by becoming proactive with exercise and fitness; and improve each participant's overall physical condition to reduce health care costs, hospitalizations, and long-term care placement when possible.	30 Minutes
	An adapted, low-impact sport played with a lightweight beach ball while seated. Physical Health Benefit: <i>Cardiovascular & Respiratory, mobility for Muscles and joints, and pain Management</i> Mental & Cognitive Benefits: <i>Brain Fitness, Mood Enhancement and self-Esteem.</i> Social Benefits: <i>Combats Isolation and Teamwork</i>	60 Minutes
Strength and Balance	Improve your balance, build strength, and boost confidence in everyday movement. This gentle class is designed for older adults and focuses on exercises that help increase stability, strengthen muscles, and reduce the risk of falls. Movements can be done standing or seated, making it accessible for a variety of ability levels. Come stay active, feel stronger, and have fun moving together with Rhonda. We have partnered up with Whitney Senior Center who is providing this through their grant.	45 Minutes