



Aging Partners Health and Fitness Classes go Online with Zoom

The COVID 19 pandemic has changed a lot of things. One thing it has not changed is our need to stay active and exercise to maintain physical and mental health and prevent injury.

In order to flatten the curve of COVID 19, we will continue to offer some of our health and fitness classes online. The online experience cannot compare to in-person group classes but they actually have some great advantages. Classes can be done from the comfort of your own home, eliminating the need for preparation or travel time. Each student will have a front row seat to better views of instruction and postures.

Classes listed below continue in December with new sessions beginning in January. Zoom classes will open up 15 minutes before and after our scheduled online classes to allow for socialization, sharing and questions from students.

Suggested contributions of \$4 for age 60 and over and family caregivers of any age or \$5 fee for under age 60 for classes meeting one time per week and \$2/\$3 for classes meeting two times per week are encouraged and can be mailed in. Punch cards are available. Your contributions enable us to continue offering the online classes.

We will continue to have an abbreviated schedule this winter due to the pandemic. Classes that will be offered via Zoom include Tai Chi Moving for Better Balance, Qigong, Dance for Life and a new class titled Movement and Strength with Fun in Between.

Please call 402-441-7575 to register for your zoom classes. You will be sent information about how to access Zoom and the specific classes you are interested in. Prior to the classes, you will need to download the Zoom app on your device. You will need to register in order to receive the access code to enter a class.

Evidence-Based Tai Chi – Moving for Better Balance Classes

Evidence based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the state of Nebraska Unit on Aging. Because all Tai Chi – Moving for Better Balance Classes are progressive, no registrations will be accepted after the fourth class of each session.

Tai Chi – Moving for Better Balance Level I

Tuesdays and Thursdays

11 a.m. to noon

January 12 through April 1

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi Moving for Better Balance 8 Forms. It is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is \$2 per class or \$48 per session.

Tai Chi – Moving for Better Balance Level II

Tuesday, 1 to 2 p.m.

Fridays, 11 a.m. to noon

Jan. 12 through April 2

This class is for people who have completed one or more sessions of Tai Chi Moving for Better Balance Level I. Classes are designed for people who want to continue with the traditional 8 forms with less instruction and some variations. Suggested contribution is \$2 per class or \$48 per session.

The following classes are open to join at any time during the session but registration is still required.

Qigong Refresh and Recharge – 12 week sessions

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

- Mondays, 10 to 11 a.m.
Jan. 11 through April 12
(no classes Jan. 18 and Feb. 15)
- Thursdays, 2 to 3 p.m.
Jan. 14 through April 1

Dance for Life – 12-week sessions

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- Mondays, 2 to 3 p.m.
Jan. 11 through April 12
(no classes Jan. 18 and Feb. 15)
- Wednesdays, 10 to 11 a.m.
Jan. 13 through March 31

Movement and Strength with Fun in Between (new class) – 8-week session

Tuesdays, 2:30 to 3:15 p.m.

Jan. 12 through March 2

A fun, fit-filled 45 minute class consisting of a warm-up, followed by two low-impact aerobics songs and two strength sets repeated until cool down.