



**ANNANDALE HEALTH & WELLNESS
CENTER**

Class Descriptions

Class	Description	Length/Duration
 <p><i>Moving for Better Balance®</i></p> <p>Week 1-12</p>  	<p>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</p>	<p>12 weeks 1 hour 2 times a week</p>
 <p><i>Moving for Better Balance®</i></p> <p>Week 13-24</p>  	<p>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</p>	<p>12 weeks 1 hour 2 times a week</p>
<p>SAIL (Stay Active and Independent for Life)</p>  	<p>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</p>	<p>60 Min 2 times a week for 12 Weeks Or 3 times a week for 8 weeks</p>
<p>Aerobic Exercise</p>	<p>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.</p>	<p>40 Min</p>

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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.	45 Mins
	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 min
	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 mins
	Silver & Fit Excel is designed for the active, athletic older adult who is looking for a challenging workout. Participating in this this class will help you increase your heart health, muscular endurance and strength, flexibility, and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you to continue all the activities you love to do, like playing sports or trying out a new dance routine.	60 mins