

activity
nutrition
wellness

Senior Momentum is a group exercise and education program specially designed for adults age 50 and older with the common goal of practicing healthy lifestyle activities in a social setting.

Getting started:

Before you start any exercise program you should discuss it with your health care provider. Additionally, we encourage you to observe a class before you participate to ensure the level of intensity meets your needs. Prior to exercising, you will be asked to sign an "informed Consent" form to review any questions you might have about these programs.

There is no charge for participation in the classes.



Heartland Health

Senior Health

Senior Momentum

Weekly Class Schedule

Tuesdays, 9 – 9:45 a.m.

**Our Lady of Guadalupe Church
4503 Frederick Ave**

Tai Chi for Health, an intermediate level class for those who have completed beginning lessons. Benefits include improved balance for fall prevention, flexibility, mental focus and stress management.

Tuesdays, 9:45 – 10:30 a.m.

**Our Lady of Guadalupe Church
4503 Frederick Ave**

Basic instruction to learn Tai Chi for arthritis as well as other chronic conditions. Beginning students are welcome as well as those who have attended previous lessons and wish to practice and refresh their skills.

Tuesdays, 10:30 – 11:15 a.m.

**Our Lady of Guadalupe Church
4503 Frederick Ave**

Group Yoga class is appropriate for all skill levels and can be done seated in a chair, while standing or seated on a mat. It combines breathing and postures that will leave you feeling relaxed and rejuvenated. Improves flexibility, strength, and balance. We recommend you bring a Yoga/Pilates mat if you have one.

Wednesdays, 10 – 10:45 a.m.

**Heartland Wellness Area
5325 Faraon Street
Men Only**

This class is just for men and is led by a male trainer from Heartland's Wellness Connections. Focus is on cardiovascular work, flexibility and strength training.

Thursdays 9 – 10 a.m.

**Our Lady of Guadalupe Church
4503 Frederick Ave**

This is an intermediate class that will begin with cardio-exercise followed by balance and stretching. Participants must be able to get up and down from the floor. We recommend you bring a Yoga/Pilates mat if you have one

For questions or more information call:

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