



Did you know that the Senior Community Center uses a database to track participation? It does!! It is super important that everyone scans into our system when in the facility. This helps us know who is attending programs and what programs folks like the most. It also helps us with funding when we apply for grants.

If you need a scan card, stop by the front desk.

There is an ONLINE version of this which allows participants to sign-up or remove themselves from programs. Each month the center offers trainings on how to use this site.

Check with the monthly newsletter and on the bulletin board for dates and times of training.

#### Important notes:

- Cash payment is due at the start of each class.
- A waiver must be signed before you start any fitness class, see main office for updated form.
- Pre-registration for each class is highly recommended (on the myactivesenior website).
- Scan in before the start of class.
- Notify the instructor of any limitations before the class begins.
- Bring bottled water or beverage.
- Wear appropriate fitness attire and footwear.
- Don't come if your not feeling well.



The Newburyport Senior/Community Center has a **fitness room** open to participants Monday—Friday 8am to 4pm. Equipment includes treadmills, and elliptical and fitness bikes. Anyone who would like to use the equipment should fill out a consent form in the main office.

**Executive Director:**  
**Sara Landry**  
**978-462-0430-office**  
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## Newburyport Senior/ Community Center

### Fitness Programs Winter 2024



Painting by Rob Brun

### Newburyport Senior/Community Center

**331 High Street**  
**Newburyport, Ma 01950**

**For more information contact:**  
**Mary Kelly, Activities Director**  
**978-462-0430**

The Newburyport Senior / Community Center strives to provide age friendly fitness opportunities for our community.

### **Class Descriptions:**

**Exercise to Music:** Practice balance, flexibility, mobility, cardio/strength. Class is set to invigorating music and includes stretching, hand weights, no-impact and low-impact aerobic movements, and cool-down

**Gentle Movement:** Using influences from Dance, Fitness and Qi Gong, the Gentle Movement focuses on breathing, stretching, balancing, and gently working all major muscle groups, within exercise guidelines for those 50 and over.

**3B Balance, Bones & Brain:** This class will incorporate balance exercises to help prevent falls, strength training to improve bone density and trivia and brain games to help with cognition.

**Ballet:** Ballet that enhances flexibility, strength, balance and confidence.

**Zumba Gold:** is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**Line Dancing:** Individual steps are taught and then combined into repeating patterns that can be used in a variety of ways to accommodate different rhythms and musical styles.

**Table Tennis Therapy:** Although this social event is focused on providing a customized opportunity for individuals living with physical or cognitive impairments, all are welcome to play ping pong during this modified session.

**Ping Pong:** The Pongsters meet two times a week and enjoy playing, learning, watching, and chatting around the table to the soothing back-and-forth sound of the ping-pong ball.

**Tap:** Fun, rhythmic, sound, movement to music.

**Move to Music:** on your feet moving to your favorite music from the 50s through the 90s

**Fit For Life:** An overall fun workout including strength, balance, brain, cardio and stretch, all set to fun oldies music.

**Chair Yoga:** Learn to reduce stress and relax through exercise that will release tension through the mind as well as the body.

**Mobility Stretch:** Focusing on mild to moderate stretching and muscle strengthening are keys to this class  
**Stretch with Lisa:** one hour full body guided stretch.

**Tai Chi:** Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

### **Monday**

#### **Exercise to Music:**

9:15-10:00 \$3.00

#### **Exercise to Music**

10:15-11:00 \$3.00

#### **Gentle Movement**

12:00-1:00 \$5.00

#### **3B Balance, Bones &**

**Brains:** 2:00-3:00

\$6.00 (beginning 2/5)

### **Tuesday**

#### **Ballet:** 8:30-9:30

\$5.00

#### **Tap:** 9:30-10:30 \$5

#### **Zumba Gold:** 11:00-

12:00 \$5.00

#### **Line Dancing:** 12:00-

1:00 \$5.00

#### **Table Tennis Therapy**

1:15-2:00 Free

#### **Ping Pong** 2:00-3:30

Free Program

### **Wednesday**

#### **Move to Music:**

9:00-9:45 \$3.00

(begins 2/7)

#### **Fit for Life:** 10:00-

11:00 \$3.00

### **Thursday**

#### **Ballet** 8:30-9:30

\$5.00

#### **Tap** 9:30-10:30

\$5.00

#### **Chair Yoga** 2:30-

3:30 \$5.00

#### **Mobility Stretch**

3:30-4:00 Free

### **Friday**

#### **Stretch with Lisa:**

10:00-11:00 \$3.00

#### **Tai Chi Advanced:**

level 11:15-12:00

\$5.00

#### **Tai Chi Beginner**

**level:** 12:00-1:00

\$5.00

#### **Ping Pong:** 2:00-

3:30 Free Program