

Fitness Class Descriptions

Gentle Movement - Exercise class that focuses on Large motor skill improvement. Small hand weights are used for strength and stretches will assist with improving range of motion .

Location: **Memory Care CBRF**. Duration:30 mins

Morning Fit - Leverage exercise bands of varying tensions along with 1.3 or 3 pound dumbbells.

Class ends with a stretch sequence. Location: Fitness Room. Duration 30 mins.

Class Type: Assisted/Attended

Functionally Fit -This class is both seated and standing. In the seated portion of this class, exercise bands of varying tensions are used. Participants stand behind chair with dumbbells and various upper and lower body combinations are performed to increase strength and balance.

Location: Community Room. Duration: 30 mins.

Class Type: Independent

Tai Chi - Slow, gentle movements, focusing on posture with controlled breathing. Location

Community Room. Duration 30 mins.

Class Type: independent

Balance - This format focuses on exercises that strengthen the core muscles and utilizes movements that increase stability. Participants perform exercises both seated and standing (for independent living) using a soft ball and wooden dowel. Class ends with a stretch segment.

Location Community Room. Duration 30 mins.

Class Type: Independent or Assisted/Attended

Fun Friday - This group meets every Friday. We alternate between an active game one week and a mind/brain game the next week. Active game examples include bean bag toss and velcro ball darts.

Mind/brain games include trivia, Pictionary and other relative games. Location Community Room.

Duration 60 mins

Class Type: Independent

Cardio Drum - Get your cardio workout drumming to lively music. Improve your rhythm, increase your cardio output and burn calories. Class can be done seated or standing. No prior experience is required. Location Fitness Center. Duration 30 mins.

Class Type: Independent or Assisted/Attended

Mind/Body Fit - The first part of the class is physical exercise, and the second half is mental exercise. Location Fitness Room. Duration 30 mins.

Class Type: Assisted/Attended

StrongBodies Strength Training - Structured, safe, and effective evidence-based strength training program brought to you through the UW-Madison Extension with recovery/rest time included.

Location Fitness Center. Duration60 mins.

Class Type: Independent

April 2025

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><div>777 N Brookfield Rd Brookfield, WI 53045 262-202-8136</div></div>				1		2		3		4		5			
						9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:30 Functionally Fit [CR] 2:30 Cardio Drum [FR]		1:00 Balance [CR] 3:30 Balance [FR]		9:00 Gentle Movement 9:30 Mind/Body Fit [FR] 10:30 Fun Friday [CR] 12:00 Cardio Drum [FC]					
		6		7		8		9		10		11		12	
				9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:30 Functionally Fit [CR] 2:30 Cardio Drum [FR]		1:30 Tai Chi		NO FITNESS CLASSES 9:00 Gentle Movement		1:00 Balance [CR] 3:30 Balance [FR]		9:00 Gentle Movement 9:30 Mind/Body Fit [FR] 10:30 Fun Friday [CR] 12:00 Cardio Drum [FC]			
		13		14		15		16		17		18		19	
		9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:30 Functionally Fit [CR] 2:30 Cardio Drum [FR]		1:30 Tai Chi		9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:30 Functionally Fit [CR] 2:30 Cardio Drum [FR]		1:00 Balance [CR] 3:30 Balance [FR]		9:00 Gentle Movement 9:30 Mind/Body Fit [FR] 10:30 Fun Friday [CR] 12:00 Cardio Drum [FC]					
20		21		22		23		24		25		26			
		9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:30 Functionally Fit [CR] 2:30 Cardio Drum [FR]		1:30 Tai Chi		9:00 Gentle Movement 9:30 Morning Fit [FR] 11:00 Strong Bodies [FC] 1:15 Fitness Trip - Foxbrook Park 2:30 Cardio Drum [FR]		1:00 Balance [CR] 3:30 Balance [FR]		NO FITNESS CLASSES 9:00 Gentle Movement					
27		28		29		30		<div><div>Program Key</div><div><div>Location Keys</div><div>Community Room Fitness Center Fitness Room</div><div>CR FC FR</div></div><div><div>Bold-enjoy life Special Feature Programs Underline-Program Requires Sign-Up \$-Cost for Program</div></div></div>							
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