

## SUNRISE CENTER

**CARDIO DRUMMING** – Seated exercise class combining cardio exercise! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardiac output, and burn calories. No prior experience required. (30 minutes) Exertion level = 1, Tuesday and Thursday at 1:00 pm.

**STRETCH** – Feeling run down? Relax and work on improving mobility, flexibility, and over all well-being in our stretch class designed to release tension and increase range of motion. Enjoy exercises for each muscle group. Stretch from head to toe to get ready for the weekend! (30 min) Exertion level = 0 & 1, Friday at 1:00 pm.

**SEATED EXERCISE** - Get your heart pumping with this fun and engaged seated exercise class designed to boost endurance and energy levels. It will even increase blood flow and cardiac output! Enjoy low impact movements set to upbeat songs. (30 min) Exertion level = 1, Wednesday at 11:00 am.

**TAI CHI** - Join Abigail for Tai Chi class to reset with a class designed to enhance balance, flexibility, and relaxation through slow, mindful exercises that reduce stress. Experience slow, flowing movements designed to gently work key muscle groups and calm the mind. (45 min). Exertion Level = 1, Wednesday 4/2, 4/9, 4/16, and 4/23 at 1:00pm.

**FALL PREVENTION** – (Formerly Balance) Stay steady on your feet with this fall prevention class designed to improve balance, strength, and coordination. With gentle exercises and practical techniques, we will work to build strength to reduce the risk of falls in daily life. (30 mins.) Exertion level = 1 & 2, Tuesday at 11:00am.

**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. *Registration required.* See Abigail prior to class start. (60 min) Exertion level = 1, Monday & Thursday at 10:30am.

## FIELDPOINTE FITNESS CENTER

**FITNESS OUTING:** Head to Muskego, WI with Brooke for lunch at Avalanche Grill and follow it up with a game, or two, of bowling at Alpine Lanes. There is NO cost at sign-up. Everyone will pay individually for their lunch and their bowling. Bowling and shoe rental is \$8.00 per person for one game. Tuesday, April 29th, depart from Regency at 11:00am, lunch at 11:30am.

**WALK IN THE PARK:** Monday, April 7th is World Health Day! Join Brooke to celebrate by taking a walk around ProHealth Park, just across Fieldpointe Drive from Regency. Meet in the Fieldpointe Fitness Center at 1:00pm to join! (If the weather is poor, we will walk indoors around our building.)

**StrongBodies™ STRENGTH TRAINING** – Structured and effective evidence-based strength-training program developed for adults all ages. Brought to you by the UW-Madison Extension. Registration & strength/mobility pre-assessment required. (90 min) Exertion level=2 & 3. **We will be completing our 12-week end of session evaluations in class on Monday, April 28th.**

**GENTLE YOGA** - This class will be on the floor/mat. Mitigate stress in the mind and body. Wind down with a meditation segment. Bring a mat if you have one. (60 minutes) Exertion level = 2.

**EXERCISE 1** (Regent's Club) – Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.

**EXERCISE 2** – Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.

**FALL PREVENTION** – Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. (30 mins.) Exertion level = 1 & 2.


**CARDIO DRUMMING** – Seated or standing! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardiac output, and burn calories. No prior experience required. (30 minutes) Exertion level = All.

**STRETCH** – Get limbered up for the weekend! Stretch the entire body! (30 minutes) Exertion level = 0 & 1.

**WALKING CHALLENGE!** – Track your steps from Feb - April for our first walking challenge of 2025! Tracking sheets available in the FFC or Welcome Centers.

**SPRING INTO STRENGTH:** Spring into the new season by attending this Wellness Workshop dedicated to teaching the "Why" behind the importance of strength training as you age. Join us to learn a handful of exercises you can do in your home and how they can help you maintain or develop a healthy lifestyle as you age. Monday, 4/28 at 1:00pm, Sunrise Center.

**TAI CHI (Regent's Club)** - Join Abigail for Tai Chi class in the Regents Club on Wednesday, 4/30 at 1:00pm with a class designed to enhance balance and flexibility. (45 min). Exertion Level = 1 & 2.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
<div><p>REGENCY NEW BERLIN</p><p>a capri community</p></div>		13750 W National Ave New Berlin, WI 53151 262-330-5167		11:00 Exercise 1 [RC] 11:00 Fall Prevention [SC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		1	9:00 StrongBodies™ [FFC] 11:00 Exercise 2 [FFC] 11:00 Seated Exercise [SC] 1:00 Fall Prevention [FFC] 1:00 Tai Chi [SC]		2	9:30 Gentle Yoga [FFC] 10:30 StrongBodies™ [SC] 11:00 Exercise 1 [RC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		3	9:00 StrongBodies™ [FFC] 1:00 S T R E T C H [SC]		4			5	
				11:00 Exercise 1 [RC] 11:00 Fall Prevention [SC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		8	9:00 StrongBodies™ [FFC] 11:00 Exercise 2 [FFC] 11:00 Seated Exercise [SC] 1:00 Fall Prevention [FFC] 1:00 Tai Chi [SC]		9	9:30 Gentle Yoga [FFC] 10:30 StrongBodies™ [SC] 11:00 Exercise 1 [RC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		10	9:00 StrongBodies™ [FFC] 11:00 S T R E T C H [FFC] 1:00 S T R E T C H [SC]		11			12	
				11:00 Exercise 1 [RC] 11:00 Fall Prevention [SC] 1:00 Cardio Drum [FFC]		15	9:00 StrongBodies™ [FFC] 11:00 Exercise 2 [FFC] 11:00 Seated Exercise [SC] 1:00 Fall Prevention [FFC] 1:00 Tai Chi [SC] 3:00 Chair Dance w/ Rosita [SC]		16	9:30 Gentle Yoga [FFC] 10:30 StrongBodies™ [SC] 11:00 Exercise 1 [RC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		17	9:00 StrongBodies™ [FFC] 11:00 S T R E T C H [FFC] 1:00 S T R E T C H [SC]		18			19	
				9:00 StrongBodies™ [FFC] 9:30 Massage w/ Jacki (9:30a-2:30p) 10:30 StrongBodies™ [SC] 11:00 Exercise 2 [FFC] 1:00 Fall Prevention [FFC]		21	9:00 StrongBodies™ [FFC] 11:00 Exercise 2 [FFC] 1:00 Fall Prevention [FFC]		22	9:30 Gentle Yoga [FFC] 10:30 StrongBodies™ [SC] 11:00 Exercise 1 [RC] 1:00 Cardio Drum [FFC] 1:00 Cardio Drum [SC]		23	9:00 StrongBodies™ [FFC] 11:00 S T R E T C H [FFC] 1:00 S T R E T C H [SC]		24			25	26
				9:00 StrongBodies™ - 12-week Evaluation [FFC] 10:30 StrongBodies™ [SC] 11:00 Exercise 2 [FFC] 1:00 Fall Prevention [FFC] 1:00 Wellness Workshop: Spring into Strength! [SC]		28	11:00 Fall Prevention [SC] 11:00 Fitness Outing: Lunch & Bowling 1:00 Cardio Drum [SC]		29	9:00 Strength [FFC] 11:00 Exercise 2 [FFC] 11:00 Seated Exercise [SC] 1:00 Tai Chi [RC]		30	<div><div>Program Key</div><div><div>Bold-enjoy life Special</div><div>Feature Programs</div><div>Underline-Program</div><div>Requires Sign-Up</div><div>\$-Cost for Program</div></div><div><div>Location Keys</div><div>Fieldpointe Fitness Center FFC</div><div>Regent's Club, 2nd Floor RC</div><div>Sunrise Center, 1st Floor SC</div></div></div>						