

SENIOR HEALTH AND WELLNESS DAY - WED, MAY 31, 2023

Move, Learn, and Play at the City of Edmonton Recreation Centres' first Senior Health & Wellness Day on Wednesday, May 31, 2023! As a Benefits Plus member, you get exclusive access to this event. Drop into select fitness classes and receive a swag bag to keep you fueled and moving for the rest of the day. Learn something new and have your questions answered by an expert at an education seminar. Help build community at the member cafe and enjoy a coffee and cookie while getting to know fellow members.

<i>City of Edmonton Recreation Centres - Creating Moments That Move</i>	MOVE Drop-In Group Fitness Classes Led by our certified instructors who have vast knowledge of exercises for active older adults. Swag bags will be available for participants! Additional drop-in classes are available. Visit movelearnplay.edmonton.ca . Class descriptions below.	LEARN Education Seminars Knowledge is POWER! When we know better we do better. Seminar descriptions below.	PLAY Benefits Plus Member Cafe Get to know other Benefits Plus members and build community! Complimentary coffee and cookies will be available.
Terwillegar	Barre 10-10:50AM MPR6 Deep Water Aquafit Pool 10-11AM	Aging & Longevity 9:15-9:50AM MPR4 <i>Option 1: Drop-in, no pre-registration required</i> <i>Option 2: Email membershipprograms@edmonton.ca to receive a Zoom link to join virtually</i>	Meeting Room 7 11AM-12PM
Kinsmen	Living Fit Studio 9:15-10:15AM Shallow Water Aquafit Pool 10-11AM	Working Smart at the Gym 10:30-11:30AM Kinsmen Lounge <i>Drop-in, no pre-registration required</i>	Cafeteria 11:30AM-12:30PM
Clareview	Gentle Water Aquafit Pool 12-1PM Yoga Hatha MPR2 10:30-11:30AM	Aging & Longevity Watch Party 9:15-9:50AM MPR1 <i>Drop-in, no pre-registration required</i>	MPR1 9-10:15AM
Meadows	Yoga Chair Studio 208 9:30-10:30AM Deep Water Aquafit Pool 12-1PM	(This column is blacked out for the remainder of the table)	MPR207 10:30-11:30AM
Dr. Anne Anderson	Yoga Happy Hips Wellness Studio 10:30-11:30AM		Lobby 10-11AM
Commonwealth	Yoga Hatha Studio 2 12-1PM Shallow Water Aquafit Pool 11AM-12PM		Lobby 11:30AM-12:30PM
ACT	Water Works Aquafit Pool 12-1PM		Cafeteria 1-2PM
Bonnie Doon	Deep Water Aquafit Pool 8-9AM		Lobby 9-10AM
Confederation	Shallow Water Aquafit Pool 11AM-12PM		Lobby 12-1PM
Eastglen	Deep Water Aquafit Pool 10-11AM		Lobby 11AM-12PM
Grand Trunk	Shallow Water Aquafit Pool 9-10AM		Lobby 10-11AM
Hardisty	Deep Water Aquafit Pool 9-10AM		Lobby 10-11AM
Londonderry	Shallow Water Aquafit Pool 11AM-12PM		Lobby 12-1PM
Mill Woods	Shallow Water Aquafit Pool 9-10AM	Cafeteria 10-11AM	

DRYLAND DROP-IN FITNESS CLASSES	
BARRE	Get strong, long and lean with this low-impact total body barre class that incorporates elements of ballet, yoga, pilates and strength training to sculpt your body. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
LIVING FIT	Move better, live FIT! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities. This class is also suitable for beginners, anyone looking for a low impact workout, and/or recovering from an injury.
YOGA	<p>Happy Hips - Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy. .</p> <p>Hatha - Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.</p> <p>Chair - Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor. No Yoga mats required, chairs are provided.</p> <p><i>*Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.</i></p>
AQUAFIT DROP-IN FITNESS CLASSES	
SHALLOW WATER	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
DEEP WATER	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Must be able to swim 25 metres in deep water comfortably.
WATER WORKS	Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.
GENTLE	A mild - moderate one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. Water temp varies depending on facility (29.5 - 32C)
EDUCATION SEMINARS	
AGING & LONGEVITY: A GUIDE TO LIVING WITH TIME	As time runs its course, concerns start to appear about how to keep our bodies maintained. What types of exercise are good and what are bad? How can we keep good health in our hips and knees and how do we maintain balance to avoid falls and injuries? This talk is aimed at keeping good longevity, warding off osteoarthritis and pain, and maintaining our physical health gracefully with time. As the adage goes, "We do not get weak because we get old, we get old because we get weak." Our focus will be on general principles to protect us so that we can live our best lives into the future.
WORKING SMART AT THE GYM	Join Pepie to learn how to get the most of your exercises. Work smarter not harder to get what you want with your time at the gym. She is a personal trainer with the City of Edmonton and a registered massage therapist. Don't forget to bring your questions for the Q&A period.