

<p>Tai Chi</p> <p>Yang & Chen style Tai Chi For all ability levels utilizes Slow mindful movements to help improve balance and strength has also shown to benefit the symptoms of Parkinson's.</p>	<p>Seated Flow</p> <p>Seated flow practice that uses gentle yoga movements to help with core strength, balance and range of motion.</p>	<p>Fitness</p> <p>Thirty-minute cardiovascular, strength & balance class. Option available for seated or standing all ability levels welcome equipment is provided class is limited to 15 participants sign-up sheets in Oakside activity book.</p>	<p>Exercisin' with therapy</p> <p>Seated class that uses information to help you better understand your breath your balance and your overall health. Taught by our outpatient massage and physical therapist.</p>	<p>Water in Motion</p> <p>Forty-minute water class that focuses on endurance and strength. All ability levels are welcome no equipment needed you should feel comfortable in chest level water. Takes place at Lakeside pool.</p>	<p>Bone Builders</p> <p>Resident taught fitness class focusing on strength, balance And osteoporosis prevention. All ability levels are welcome most exercises are preformed seated and equipment is provided.</p>
<p>Seated Yoga</p> <p>Seated Yoga is a gentle form of yoga you can safely do from a chair. The class is perfect for every body type and a great way to relax from head to toe! Enjoy the benefits of Yoga in a safe, fun and relaxing environment.</p>	<p>Water Fitness</p> <p>Thirty minute water fitness class held at the Oakside pool uses pool noodles for strength and balance along with cardio Movements all ability levels welcome.</p>	<p>Sit and b fit</p> <p>Thirty minute seated fitness class that uses patterns to help improve executive function fun and creative environment that all ability levels are welcome helps with cardiovascular endurance and strength as well.</p>	<p>Combo Yoga</p> <p>Gentle form of Hatha Yoga may be modified for any ability level forms performed on the floor can be modified to a chair.</p>	<p>Meditation Group Practice</p> <p>5 minutes of tips, 8 minutes guided, and 40 minutes silent meditation. Come and go as you please. Email paulatoth@outlook.com to join the group email list and start in-home practice: links to announcements, articles, guided meditations.</p>	<p>Ping Pong</p> <p>Ping Pong is a fun activity with great health benefits for seniors. It is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. All ability levels are welcome.</p>