

# March

## Wellness, Fitness, & Group Exercise

### Adults 50+



SENIOR ACTIVITY CENTER  
216 SW JOHNSON AVE  
817-295-6611

MON	Monday Programs	Time	Room
	Chair Yoga	8:45 - 9:45 a.m.	C
	Chair Exercise	10 - 11 a.m.	C
	Walking Class	11:15 a.m.	C
	Int. Line Dance	12:30 p.m.	C
	Ping Pong	1:45 p.m.	C

TUE	Tuesday Programs	Time	Room
	Pickleball	10am - 12pm	
	Beginner Line Dance	10 a.m.	C
	Chair Beachball Volleyball	1 p.m.	C
	Ping Pong	2:15 p.m.	C
	Tai Chi	11:00 AM	D
	Beginner Country Dance	11:30 a.m.	C
	Country Dance	11:30 AM	C

WED	Wednesday Programs	Time	Room
	Chair Yoga	8:45 - 9:45 a.m.	C
	Chair Exercise w/Video	10 a.m.	C
	Walking Class	11:15 a.m.	C
	Advanced Line Dance	1-3 p.m.	C

THU	Thursday Programs	Time	Room
	Intermediate Line Dance II	8:45 a.m.	C
	Beginner Line Dance II	10 a.m.	C
	Chair Exercise	11:15 a.m.	C

FRI	Friday Programs	Time	Room
	Advanced Line Dance	9:30 - 11:30 a.m.	C
	Chair Beachball Volleyball	1 p.m.	C
	Blood Pressure Check (March 6)	9:30 a.m.	E

SAT	Saturday Programs	Time	Room
	Chair Yoga (No Class March 7)	10:30 a.m.	C
	Chair Beachball Volleyball (No Class March 7)	12 p.m.	C
	Ping Pong (No Class March 7)	1:30 p.m.	C

### Hours

**MONDAY - FRIDAY**

8 a.m. - 4 p.m.

**NEW SATURDAY**

10 a.m. - 3 p.m.

### Benefits of Line

#### Dancing for Seniors

Perfect exercise because it improves coordination and balance; increases cardiovascular health and brain memory, boosts confidence and is a fun activity!

### Indoor Walking

Walking in place is a simple way to get exercise, easy & low impact exercise.

### Racket Sports

Offer something other fitness sports do not – lateral movement. You move both back and forward and side to side. This helps improve balance and weight shifting, which can lower your risk of falls.



\*Please check the monthly activity calendar for schedule changes



### **Chair Exercise.**

Mondays 10 a.m., Thursdays 11:15 a.m. with instructor and Wednesdays 10 a.m. with video. It's no secret that regular exercise is essential for healthy aging. Chair exercises can improve your strength and functional mobility, allowing you to stay independent as you age. They are an excellent option for exercise beginners and people with limited mobility.

### **Pickleball.**

Tuesdays from 8:30 a.m. to 10:30 a.m., depending on the time of the year. Meet at Meadowcrest Park, 1050 Barricuda Dr. Invented in 1965, pickleball combines elements of tennis, ping pong and racquetball into a game that's easy to play, takes time and practice to master and provides an excellent workout. Working in conjunction with our friends in Burleson Parks and Recreation, the senior center has acquired a block of time exclusively for seniors.

### **Beginners Country Dance Classes.**

Tuesdays 11:30 a.m. Couples dancing is great exercise which promotes cardiovascular health and improves balance. It doesn't matter if you bring a partner or just bring yourself. Listen to great music and have fun with friends old and new.

### **WPS DJ Dance.**

Bring your friends and family and dance the night away to the music of DJ Travis Moncrief. He'll be spinning tunes from the '60s, '70s, '80s plus more. Free snacks will be provided by Widowed Persons Service (WPS). Free admission, but donations to WPS are welcome.

### **Tai Chi**

Tai Chi is a gentle form of exercise that uses slow, flowing movements combined with deep breathing and relaxation. Originally developed in China, it is often described as "meditation in motion." Tai Chi is suitable for all fitness levels and can be done standing or seated.

