

## Fitness Classes at Kendal at Oberlin

Land Classes offered			Focus of the Class						
Class	Times	Degree of difficulty	Aerobic	Strength	Balance	Flexibility	Coordination	Social	Relaxation
<u>Stretch and Strength</u>	<u>M, W, F</u> <u>8:45-9:45</u> <u>Auditorium</u>	<b>Moderate</b>  <b>/Light</b>	*	***	*	***	**	**	**
Gentle Yoga	M, F 8:45-9:45am	<b>Moderate</b>	*	***	***	***	***	*	***
Tai Chi	M, F 10:00-11:00am	<b>Moderate</b>	*	***	***	**	***	*	***
<u>Chair Exercise</u>	<u>M - Sa</u> <u>11:30-</u> <u>12:15pm</u> <u>Gathering</u> <u>Room</u>	<b>Light</b>	**	**	*	**	**	**	**
Tap Dance	M, F 2:15-3:00pm	<b>Moderate/ Difficult</b>	*	**	***	**	***	**	*
Group Fitness	T, Th 7:15-8:00am	<b>Difficult</b>	**	***	**	**	**	*	*
Strength Training	T, Th 9:00-9:45am	<b>Moderate/ Difficult</b>	*	***	***	***	***	*	*
Sitting Strong	T, Th 10:00-10:45am	<b>Light/ Moderate</b>	*	***	**	**	*	**	*
Chair Tai Chi	T, Th 2:30-3:15pm	<b>Light</b>	*	**	*	***	***	*	***
Balance and Posture	T 3:30-4:15pm	<b>Moderate</b>	*	***	***	*	**	*	*
Stretch Class	Th 3:30-4:15	<b>Gentle- Moderate</b>	*	**	**	***	***	*	*

\*Mild Focus

\*\*Average Focus

\*\*\*Strong Focus

**Please call the Fitness Center for an orientation before starting classes. - 440-775-9851**