

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 8:45-9:45 Auditorium.</u> | Moderate /Light | * | *** | * | *** | ** | ** | ** |
| Gentle Yoga | M, F 8:45-9:45am | Moderate | * | *** | *** | *** | *** | * | *** |
| Tai Chi | M, F 10:00-11:00am | Moderate | * | *** | *** | ** | *** | * | *** |
| <u>Chair Exercise.</u> | <u>M - Sa 11:30- 12:15pm Gathering Room.</u> | Light | ** | ** | * | ** | ** | ** | ** |
| Tap Dance | M, F 2:15-3:00pm | Moderate/ Difficult | * | ** | *** | ** | *** | ** | * |
| Balance and Posture | M 3:15-4:00pm | Moderate | * | *** | *** | * | ** | * | * |
| Stretch Class | F 3:15-4:00pm | Gentle- Moderate | * | ** | ** | *** | *** | * | * |
| Group Fitness | T, Th 7:15-8:00am | Difficult | ** | *** | ** | ** | ** | * | * |
| Strength Training | T, Th, Sat 9:00-9:45am | Moderate/ Difficult | * | *** | *** | *** | *** | * | * |
| Sitting Strong | T, Th, Sat 10:00-10:45am | Light/ Moderate | * | *** | ** | ** | * | ** | * |
| Chair Tai Chi | T, Th 2:30-3:15pm | Light | * | ** | * | *** | *** | * | *** |

*Mild Focus

**Average Focus

***Strong Focus

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

Underlined classes are not available to community members