

Fitness Classes at Kendal at Oberlin – January 2019

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>	Moderate /Light	*	***	*	***	**	**	**
Gentle Yoga	W, F 8:45-9:45am	Moderate	*	***	***	***	***	*	***
Tai Chi	M, F 10:00-11:00am	Moderate	*	***	***	**	***	*	***
<u>Chair Exercise</u>	<u>M - Sa</u> <u>11:30-</u> <u>12:15pm</u> <u>Gathering</u> <u>Room</u>	Light	**	**	*	**	**	**	**
Tap Dance	M, W 2:15-3:00pm	Moderate/ Difficult	*	**	***	**	***	**	*
Group Fitness	T, Th 7:15-8:00am	Difficult	**	***	**	**	**	*	*
Strength Training	T, Th 9:00-9:45am	Moderate/ Difficult	*	***	***	***	***	*	*
Sitting Strong	T, Th 10:00-10:45am	Light/ Moderate	*	***	**	**	*	**	*
<u>Chair Tai Chi</u>	<u>T, Th</u> <u>4:00-4:45pm</u> <u>Jameson</u> <u>House</u>	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