

# Land Base Classes Offered During Closure

**Sept 9 - Oct 18th** (walking class only Tuesday, Oct. 1 - Friday, Oct. 4th and Thursday, Oct. 10th)

## Walking Class

**Monday, Wednesday & Friday**

8:00 am - Easy to Moderate

9:00 am - Moderate to Fast

**Tuesday and Thursday**

8:00 - 9:00 am

Meet in front of pool



We will be offering two levels for this class. The first one, will be for people that want to walk at a nice easy pace and enjoy the scenery. The second, will be for those that want to get your heart rate up and get going. We will be picking different routes around the town of Stayton. It is a good way to stay in shape and spend time getting to know each other and learning new things about the community we live in.



## TAI CHI EXERCISES

## Tai Chi

**Monday, Wednesday and Friday**

10:00 - 11:00 am

Stayton Community Center

North End of Building

**\*\* No Class Wed., Oct 2 & Fri., Oct 4th \*\***

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Video Lead Class

This class is an aerobic based class set for both those with or without balance issues. You will have a choice of sitting in a chair, using the chair for support or on your own. This will be a video lead class by Chris Adams .

**Come and enjoy the fun of our land based classes, during our closure!!**



## Senior Sit or Stand Fitness Class

**Tuesday and Thursday**

9:00 - 10:00 am

Stayton Community Center

North End of Building

**\*\* No Class Tue., Oct. 1, Thu., Oct. 3 & Thu., Oct. 10th \*\***