

April 2019 Class Schedule & Events

1055 N. Hercules Ave. • Clearwater, FL 33765 • 727-461-4054 • www.awilife.org



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Find our page by "searching" in Facebook: Aging & Wellness Institute
Events, Videos, Photos, News, Happenings and more!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>2 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>3 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>4 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00,12:00</p>	<p>5 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>8 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>9 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p>Introduction to Foam Rolling 10:15-10:45</p>	<p>10 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>11 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 10:00,12:00</p>	<p>12 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>15 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>16 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p>Guest Speaker: 10:00 Judith Gammonley APRN,B.C, Ed.D "Bladder Wellness"</p>	<p>17 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>18 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 10:00,12:00</p> <p>Nutrition Essentials 10:00, 11:00</p>	<p>19 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>22 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>23 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>24 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>25 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 9:00</p> <p>"Hats off!" Luncheon 11:30 Registration required</p>	<p>26 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>29 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>30 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p>"Your Life, Your Weigh!" Follow up/discussion Session-5:00pm</p>			

AMI CLASS DESCRIPTIONS

Yoga is defined as “to unite

or connect” and can be a valuable tool for stress management. Through the practice, we create a mind-body connection by stretching, moving mindfully, and breathing in a way that helps us to slow down from our busy lives- relax, release tension (yes, even pain), and uplift and energize to feel better in all the tasks we do.

Yoga is for everyone. There is no one who cannot do yoga. If you aren't flexible, this is a perfect reason to give it a try. If you get on the floor is not an option, we do have chairs to sit in, as well. Come with an open mind and notice after just one time, how much better you can feel!

Classes are approximately 60 minutes. A few of the many benefits of yoga include:

- Improve Balance/Stamina
- Improve lung capacity and circulation
- Increase flexibility
- Decrease pain and stress

Enhance® Fitness (EF) is

an evidence-based group exercise and falls prevention program that encourages adults to become more active, energized, and empowered to sustain an independent lifestyle. The exercises have been designed specifically for those managing chronic conditions such as arthritis. The class focuses on four key areas important to the health and fitness of adults: Cardiovascular, Balance, Strength, and Flexibility. Participants have the option to use chairs for support and can increase the weight used for strength training at their own pace.

Classes meet for 60 minutes, 3 times a week & include:

- 5 minutes to warm-up muscles and joints
- 20 minutes of cardiovascular conditioning
- 20 minutes of strength training (adjustable wrist & ankle weights up to 20 lbs.)
- 5 minutes to cool-down
- 10 minutes of stretching for improved flexibility

Functional Fitness (FF)

is a group fitness class that conditions the whole body for real-life activities with real-life movements. FF exercises focus on integration & utilizing HITT (high intensity interval training), teaching all the muscles to work together rather than isolating them to work independently.

FF classes feature different training goals like metabolic conditioning, full body dynamic strength, and core stability. FF incorporates a variety of equipment such as weighted bars, dumbbells, medicine balls, kettlebells, and stability balls. Classes are approximately 50 minutes & include:

- Dynamic warm-up
- Total body strength conditioning
- Balance/stability, agility/mobility, and core flexibility

Nutrition is the foundation to

exercising, living, & aging well. The nutrition program provides opportunities throughout the month to engage with the registered dietitian and other members to taste, sample, explore, and discuss a variety of topics related to nutrition and healthy meal planning! Classes are typically 45 minutes (unless noted) & include:

Classes: Classroom

- Nutrition Essentials: Classroom setting featuring a variety of topics (blood sugar & health, organics, hydration, digestive health, proteins, & more).
- Cook For Your Health: A nutrition topic & cooking demonstration class
- Kitchen Series: Short (10-15 minute) nutrition segments with healthy recipe(s) & tastings.

Series:

- 8 or 12-week weight management series
- Anti-inflammation series
- AWI Cooking School
- Cooking for One

Appointments:

- Individual nutrition appointments with on-site registered dietitian available (included in membership)