

Fitness Classes

Pole Walking

1:45pm - 2:30pm

Thursdays - January 16 - March 27

Instructor **Michelle Holdforth**

Utilizes 90% of body muscles (vs 50% with regular walking)

- * Low impact yet encourages upper body and core strength
- * Burns more calories than regular, with minimal extra effort
- * Reduces physical stress on the lower body, ie knees, hips, feet
- * Improves balance and confidence walking with pole support
- * Decreases symptoms related to Type 2 Diabetes, HBP, stress
- * Recommended by doctors and physiotherapists

Please contact the BCC to Pre-Register
(705) 657-8833

Buckhorn Community Centre
1782 Lakehurst Rd.
Buckhorn, ON



Keeping our
Seniors Active

FREE

Fitness Classes

Fit & Fabulous

9:30am - 10:30am

Thursdays - January 16 - March 27

Fitness Specialist - **Karen Franken**

Combining balance, coordination and flexibility with a variety of exercises to enhance your health and wellness.

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New Horizons for Seniors Program



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Fitness Classes

Fully Seated Chair yoga

2:00pm - 2:30pm

Monday - January 13 - March 31

Instructor - **Michelle Holdforth**

- no experience necessary

- focusing on breathwork, mindful movement

- gentle stretching and muscle strengthening

- improves mobility, reduces stress

- props recommended yoga strap and blocks,
blanket (extras available)

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Fitness Classes

Line Dancing

10:00am - 11:00am

Saturday - January 18 - February 08

Instructor - **Lynda O'Meara**

Get Moving with Gentle Line Dancing

Perfect for Senior Beginners!

- no experience necessary

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Fitness Classes

Walking Soccer

(Forever Football)

11:00am - noon

Saturday - January 18 - February 08

Instructor - **Andy Hing**

Fancy a kickabout? You just need to be able to walk and kick a ball. Start with a 15 minute warm-up with skills instruction.

Then it's game on for 45 minutes of fun.

No experience necessary

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Fitness Classes

Seated Volleyball

11:00am - NOON

Thursday - January 16 - February 06

Instructor - **Volunteer**

Get moving but don't get off of your chair! This fun activity has you hitting the beach ball over the net but you are not allowed to stand!

- no experience necessary

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**Keeping our
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FREE

Fitness Classes Beanbag Baseball

2pm - 3:30pm

Tuesday - January 7 - March 25

Instructor - Volunteer

Two teams, three beanbags and it's game on. This activity is geared to all fitness abilities. Toss the beanbag and move to base that you scored in.

No experience necessary

No need to run! Keeps you moving and challenges your coordination.

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