



CLUB 50 Fitness Classes

Hours of Operation is 8-4 Monday - Saturday 907-376-3104



**Stay Active
& Independent
for Life (SAIL)**

a strength, balance, and fitness class for adults 65+

Club 50 Fitness Center membership is open to those 50 years and older. The fitness gym offers various types of exercise classes and equipment. Membership is \$10 a month (\$100 for a yr; Savings of \$20) for WASI members. \$30 a month (\$360 for a year) for non-WASI members. The WASI Facilities are closed for all major holidays.

****All Zumba Gold Classes are located in Knik Manor**



www.wasillaseniors.com

ALL CLASSES ARE FREE WITH GYM MEMBERSHIP unless otherwise annotated!

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's	Saturday
8:30-9:30 Strong Seniors 10 -11 Strong Seniors 11:15-12:15 NIA 1-2pm Tai Chi for Arthritis	8-9am - Tai Ji Quan# 10-11 Zumba Gold FREE** 1-2pm Strong Seniors 2-3pm SAIL	8:30-9:30 Strong Seniors 10 -11 Strong Seniors	8-9am - Tai Ji Quan# 10-11 Zumba Gold** (Zumba Thurs \$6/week) 1-2pm Strong Seniors 2-3pm SAIL Nia 6-7pm (\$10/week)	8:30-9:30 Strong Seniors 10 -11 Strong Seniors 1-2pm Tai Chi for Arthritis	NOW OPEN Fitness Equipment available for use! Sorry No Fitness classes at this time

Strong Seniors classes are strength training program for people 50 years and older. The program was created through Tufts University. The benefits of strength training for seniors are well documented. Strong Seniors increases bone density, balance, strength, agility and weight control.

Zumba Gold targets the largest growing segment of the population: the older adult. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as the deconditioned participant. Zumba can improve aerobic power, lower-body muscular endurance, strength, flexibility, balance, agility and gait speed for older adults.

SAIL (Stay Active and Independent for Life) is an evidenced based program for preventing falls in older adults. The program includes aerobics, strengthening, and balance components that are effective in preventing falls.

Tai Ji Quan (pronounced tye gee chuwan): Moving for Better Balance™ is an evidence-based program consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan - Mini Therapeutic Movements®. TJQMBB improves postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination.

NIA is an exhilarating movement and lifestyle practice. As the first cardio workout to combine martial arts, dance and healing arts, NIA changes lives with its evolutionary approach to fitness and self-healing in a body. NIA offers a fun creative pathway to health and wellbeing, regardless of age or physical condition.

TAI CHI for Arthritis is 12 easy lessons to use at home. By practicing regularly, many have found significant relief within a short time. Benefits include: uplifting of the spirit and relaxation, pain relief and less stiffness, improved balance and less falls, ability to do daily tasks, muscle strength and joint flexibility.

Did you Know.... Every Thurs 6-7pm Nia
is held in Club 50! Cost for this class is \$10 per class or \$65
for a 10-class punch card (Savings of \$100)
New Tai Ji Quan Class will be starting in Late
August/begining of September. Once the date/time is known
we will get it out to everyone for you to sign up!