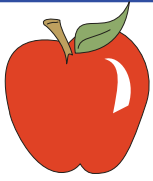


* EXERCISE & FITNESS *



FITNESS-BY-DESIGN

EXERCISE CLASSES

Tuesdays & Thursdays

Week Session 7599

9:30 am - 10:30 am \$30

- ▶ Winter Session resumes January 3 and continues through February 23 (cost prorated)
- ▶ Spring Session begins February 28 8599-A

“Fitness by Design” This great exercise session is designed specifically for you to experience a variety of different types of fitness activities. These classes are designed in a “team teaching” format that includes a combination of aerobic/seated exercises with Ruth, Zumba Gold, and “Muscular Strength & Range of Motion”! Start the new year out right and come & join us! *We will prorate the cost for this current session-so join now!*



FITNESS ROOM ORIENTATIONS

A one-time training (\$15) is required for those who want to use our Fitness Room equipment as well as current membership (\$10). A 50¢ per day of use “donation” helps defray cost of sanitary wipes & repairs. Choose from either of these October dates:

- Wed. January 11 1:15-3:15pm
- Tues. January 31 1:15-3:15pm
- Tues. February 22 10:00-noon & 1:15-3:15pm

Advance signup & payment required. Each orientation accepts a maximum of 8 people, so reserve space early. For more info call 657-3050.

STRONG WOMEN / STRONG BONES 7550A

Mondays & Wednesdays 9-10 am

8 Week Session Cost: \$25

- ▶ New session: January 23 through March 19
- This program is designed for older women to improve strength & health. Focus is on strength training, bone density, improving flexibility/arthritis. Instructor: Bernie Mason



SENIOR TAI CHI

Mondays 3:30-4:30 pm A

new 6 week class is scheduled for January 9—February 27 (No classes on Jan 16 or Feb. 20)

Classes are focused on improving balance & core strength for older adults. A minimum of 6 students needed.

Instructors: Mark Cassel/Lisa Carnicom/Joel Bowers. Cost \$30

SLOW & GENTLE SR YOGA

7522A

Mondays 10:30-11:30 am

A new 6 week class session will start Monday, January 9 through February 27 (No classes on Jan 16 or Feb. 20)

These classes are designed to relieve tension, expand range of motion & strengthen target muscle groups. Class will be performed using many props, like chairs & blocks and will give you simple techniques to use at home. Minimum: 6 per class.

Taught by Amanda (Kirkpatrick) Sanders. Cost: \$30



* HEALTH & FITNESS *



- **Blood Pressure Screenings:**

FREE Blood Pressure Screening on Tuesday, January 3 & February 7 from 10:30-Noon which are provided by Interim Health Care. Blood pressure screening **plus blood glucose screening** will be available on the third Thursday in January on the 19th as well as February 16th from 9:30-11:30 am and are provided by Valley Health & Rehabilitation.



- **Access RX Medication Management Program:**

On Thursday, January 12 and also Thursday, February 23, two pharmacists will be here to review your medications, supplements and to answer your questions. Please call 657-3050 in advance for an appointment time between 10:30 and Noon . This is a medication management program is free and is sponsored by the State. Information will also be available about Montana "PharmAssist"

Program and they can tell you if you qualify.

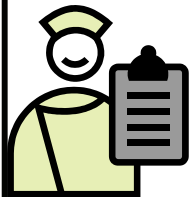
- **Hearing Screening & Hearing Aid Servicing:**

Doctor Gene Bukowski, Audiologist, will be here to test your hearing, or clean your hearing aid for you 1:30 - 2:30 on Mondays: January 9 & February 13. Please call in advance for an appointment (657-3050).



- **Foot Care Clinics:**

Rocky Mountain Home Care will be doing foot care clinics from 9 am - 1pm every 2nd & 4th Wednesday of the month. In January the dates will be January 11 and the 25. The February dates will be February 8 and the 22. The cost is \$25 per visit, plus one-time fee of \$8 for the foot care kit. Call 652-8883 for an appointment.



- **Health & Wellness:**

MSUB College of Nursing returns to provide FREE screenings for Blood Pressure, Blood Glucose, and Hematocrit (red blood/iron balance) on Thursday, January 26 and Thursday, February 23 from 9:15-11:15 am.



- **Chair Massage:**

One of the best kept secrets in town—if you come once you will be back! A certified massage therapist who works at a local chiropractic office will be doing chair massages here at our center on Thursday, January 19 & Thursday, February 16 from 10:30 – Noon. Please make appointments **in advance**. Cost: \$10 for 15 minute session. Since this is affordable, some people pay \$20 and get two time slots—a full 30 minute chair massage.

Balance Training:

Tuesdays 11:00-12:00 noon

7615A

A four week session will be held on Tuesdays, February 7, 14, 21 and 28. Great take home information will be provided. Class number limited so sign up early
Cost: \$10

