



**MORNING CARDIO**

MONDAY 8:30-9:30 AM

[REGISTER](#)

This intermediate to advanced level class features 30 minutes of steady cardio dance exercises, followed by 30 minutes of strengthening and stretching exercises; all exercises done standing.



**GUIDED MEDITATION**

MONDAY 10:00-11:00 AM

[REGISTER](#)

After a full-body movement warm-up with Jodi, Jeanette will guide you towards a brain-body connection through breathing techniques, self-massage and visualization. Requirements are a cozy chair with a headrest and a blanket.



**YOGA WITH CHAIR**

MONDAY 11:30-12:30 PM

[REGISTER](#)

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice seated and standing yoga moves, using a chair for better stability; learn basic breathing techniques, while improving your flexibility through stretches. No Mat Work.



**CHAIR AEROBICS**

MONDAY 11:30-12:30 PM

[REGISTER](#)

This beginner level fitness is an aerobic conditioning class done in a seated position; this hour-long class also includes muscular strengthening exercises, as well as range of motion, postural and stretch exercises; sit-to-stand exercises are done as well.



**ADAPTED EXERCISES FOR FUNCTIONAL MOVEMENT** MON+WED+FRI 11:30-12:00 PM [REGISTER](#)

If you rely on a walker in your home or a wheelchair for longer distances, join Anne for this 30 minute functional movement class that focuses on slow and controlled weight-bearing and leg strengthening exercises. Caregivers are encouraged to participate but not required.



**WALKING WORKOUT 2KM**

MONDAY 2:00-2:30 PM

[REGISTER](#)

Take your walk indoors and join Difei by walking and moving to a rhythm of 2540 steps in 25 minutes!

**WALKING WORKOUT 3KM**

MONDAY 1:00-1:30 PM

[REGISTER](#)

Take your walk indoors and join Annette by walking and moving to a rhythm of 3750 steps in 25 minutes!



**POST STROKE—ARM TRAINING**

MONDAY 1:00-2:00 PM

[REGISTER](#)

This class will focus on repetitive, mindful exercises that will stimulate and strengthen arms and hands that are weakened due to stroke. Everyday household items will be used for equipment.



## ABS & BACK STRENGTHENING

TUESDAY 8:30-9:30 AM

[REGISTER](#)

This class will focus on exercises done on a mat that will help lengthen, tone and strengthen your core muscles – abdominals, back, as well as hip muscles and buttocks. This exercise program may not be suitable for everyone.



## CHAIR YOGA

TUESDAY 10:00-11:00 AM

[REGISTER](#)

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice seated and standing yoga moves, using a chair for better stability; learn basic breathing techniques, while improving your flexibility through stretches. No Mat Work.



## BOXING INTERVAL AND VOCAL TRAINING

TUESDAY 10:00-12:00 PM

[REGISTER](#)

Join Maria & Victoria to exercise your cardio, coordination & strength with a series of 3 minute “rounds” of brain building boxing sequences, and lower body strengthening exercises. Follow this with 30 minutes of breath & vocal training! Gloves not required!



## CARDIO LITE

TUESDAY 11:30-12:15 PM

[REGISTER](#)

This 45 minute Beginner to Intermediate level exercise class will get your heart rate up and your legs moving during the cardio exercise portion, followed by some posture and balance exercises and ending with stretches.



## EXERCISE FOR STRENGTH & FLEXIBILITY

TUESDAY 11:30-12:30 PM

[REGISTER](#)

This beginner to intermediate class will focus on improving strength, mobility and flexibility through mindful movements. Intervals involve standing and seated exercises. Water bottles may be used as hand weights.



## POWER UP YOUR PELVIS

TUESDAY 1:00-1:30 PM

[REGISTER](#)

The weakening of our pelvic floor can cause problems such as incontinence. Maria will help us to strengthen those muscles through exercises which can be easily incorporated into our daily lives.



## PEDAL POWER

TUESDAY 2:00-2:30 PM

[REGISTER](#)

Hop on your stationary bike and join Maria for this 30 minute interval class as we ride together through scenic virtual routes from around the world.



## SEATED ADAPTED EXERCISE

TUES+THUR 3:30-4:00 PM

[REGISTER](#)

Do you have difficulty walking and maintaining your balance? Do you rely on a walker or wheelchair? Then join Seungyeoul for this 30 minute SEATED functional movement class given on Tuesdays and Thursdays that focuses on slow, safe and controlled full body exercises.



## CARDIO STRENGTH INTERVAL

WEDNESDAY 8:30-9:30 AM

[REGISTER](#)

This is an intermediate to advanced level fitness class that will challenge your cardio, as well as your upper and lower body strength through alternating intervals of aerobic dance and muscular conditioning exercises.



## YOGA WITH CHAIR

WEDNESDAY 11:30-12:30 PM

[REGISTER](#)

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice seated and standing yoga moves, using a chair for better stability; learn basic breathing techniques, while improving your flexibility through stretches. No Mat Work.



## YOGA INTERMEDIATE

WEDNESDAY 10:00-11:00 AM

[REGISTER](#)

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice simple mat and standing yoga moves and postures and learn basic breathing and relaxation techniques.



## TOTAL STRENGTH

WEDNESDAY 10:00-11:00 AM

[REGISTER](#)

This intermediate class will focus on improving strength, mobility and flexibility through various upper and lower body exercises using hands weights and your own body weight. No mat work is involved.



## BALANCE & MOBILITY

WEDNESDAY 11:30-12:30 PM

[REGISTER](#)

This beginner to intermediate level class will focus on exercises and movements that will help improve overall mobility, as well as teach and strengthen strategies that improve balance. Exercises are done standing, but a chair may be used for additional support.



## WALKING WORKOUT 2KM

WEDNESDAY 1:30-2:00 PM

[REGISTER](#)

Take your walk indoors and join Maria by walking and moving to a rhythm of 2540 steps in 25 minutes!



## BALLET BARRE

WEDNESDAY 2:00-3:00 PM

[REGISTER](#)

A class that uses ballet techniques, while borrowing movements from yoga and Pilates to slim the body, improve posture and tone muscles while reducing stress. Equipment: a sturdy chair, an elastic band, a small soft ball or a foam yoga block, and a 2-3 lb weight.



## ADAPTED EXERCISES FOR FUNCTIONAL MOVEMENT MON+WED+FRI 11:30-12:00 PM [REGISTER](#)

If you rely on a walker in your home or a wheelchair for longer distances, join Anne for this 30 minute functional movement class that focuses on slow and controlled weight-bearing and leg strengthening exercises. Caregivers are encouraged to participate but not required.



## BRAIN & BODY INTERVAL

THURSDAY 8:30-9:30 AM

[REGISTER](#)

This intermediate level class takes you through a series of intervals that include a combination of aerobics, strength, coordination and cognitive training in order to enhance both body and brain functions.



## YOGA WITH CHAIR

THURSDAY 11:30-12:30 PM

[REGISTER](#)

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice seated and standing yoga moves, using a chair for better stability; learn basic breathing techniques, while improving your flexibility through stretches. No Mat Work.



## GUIDED MEDITATION

THURSDAY 10:00-11:00 AM

[REGISTER](#)

After a full-body movement warm-up with Jodi, Jeanette will guide you towards a brain-body connection through breathing techniques, self-massage and visualization. Requirements are a cozy chair with a headrest and a blanket.



## TAI CHI

THURSDAY 10:00-11:00 AM

[REGISTER](#)

Tai Chi / Chi Kung (Qi Gong) is a medically proven methodology to develop strength, balance, agility and mental acuity. This is a highly effective exercise program for those with such health conditions as osteoporosis, arthritis, and high blood pressure.



## EXERCISE FOR STRENGTH & FLEXIBILITY

THURSDAY 11:30-12:30 PM

[REGISTER](#)

This beginner to intermediate class will focus on improving strength, mobility and flexibility through mindful movements. Intervals involve standing and seated exercises. Water bottles may be used as hand weights.



## POST-STROKE ARM & VOCAL TRAINING

THURSDAY 1:00-3:00 PM

[REGISTER](#)

This class will focus on mindful exercises that will stimulate and strengthen arms & hands that are weakened due to stroke. This will be followed by music therapy to encourage & improve speech, communication & expression.



## DANCE TO THE RHYTHM

THURSDAY 1:30-2:15 PM

[REGISTER](#)

Join us for a fun high energy 45 minute dance class - Annette will incorporate dance moves, easy to follow steps and a great workout- all to great music! This exercise program is intended for a general audience and may not be suitable for everyone.



## BOXING INTERVAL

THURSDAY 1:30-2:30 PM

[REGISTER](#)

Exercise your cardio, coordination & strength with a series of 3 minute "rounds" of brain building boxing sequences, and lower body strengthening exercises. All that you need is some space, a water bottle and a chair. Boxing gloves are not required!



## SEATED ADAPTED EXERCISE

TUES+THUR 3:30-4:00 PM

[REGISTER](#)

Do you have difficulty walking and maintaining your balance? Do you rely on a walker or wheelchair? Then join Seungyeoul for this 30 minute SEATED functional movement class given on Tuesdays and Thursdays that focuses on slow, safe and controlled full body exercises.



## ISRAELI DANCE

THURSDAY 1:00-2:00 PM

[REGISTER](#)

Listen and watch for a bit and you will quickly be mesmerized by Israeli music and its dances bursting with youth and joy. Rhythmic and exciting, romantic and nostalgic, this is the folklore of Israel!



### FIT FRIDAYS EARLY

FRIDAY 8:30-9:30 AM

[REGISTER](#)

Join your workout gang every Friday for an “end of the week” workout! A Cummings staff will welcome you and your fellow classmates, then a recording of an intermediate to advanced level fitness class will be streamed on zoom.

### FIT FRIDAYS LATE MORNING

FRIDAY 11:30-12:30 PM

[REGISTER](#)

Join your workout gang every Friday for an “end of the week” workout! A Cummings staff will welcome you and your fellow classmates, then a recording of a beginner to intermediate level fitness class will be streamed on zoom.



### TOTAL STRENGTH

FRIDAY 10:00-11:00 AM

[REGISTER](#)

This intermediate class will focus on improving strength, mobility and flexibility through various upper and lower body exercises using hands weights and your own body weight. No mat work is involved.



### WALKING WORKOUT 2KM

FRIDAY 11:30-12:00 PM

[REGISTER](#)

Take your walk indoors and join Trang by walking and moving to a rhythm of 2540 steps in 25 minutes!

### WALKING WORKOUT 3KM

FRIDAY 8:30-9:00 AM

[REGISTER](#)

Take your walk indoors and join Difei by walking and moving to a rhythm of 3750 steps in 25 minutes!



### ADAPTED EXERCISES FOR FUNCTIONAL MOVEMENT MON+WED+FRI 1:00-1:30 PM [REGISTER](#)

If you rely on a walker in your home or a wheelchair for longer distances, join Trang for this 30 minute functional movement class that focuses on slow and controlled weight-bearing and leg strengthening exercises. Caregivers are encouraged to participate but not required.