AGENDA

❖ Welcome & Dinner (20 min)

❖ Fitness & Wellness Presentation and Interactive Exercise Demo (60 min)
  o Presented by Sarah McKechnie from Holy Cross Hospital

❖ Handouts (10 min)
  o Senior Fit Locations
  o Community Fitness Calendar
  o CDC Fitness

❖ Q & A (5 min)

❖ Wrap-up
Holy Cross Health
Bringing Fitness to the Community

Sarah McKechnie, MA, AHFS
Manager, Community Fitness
mckecs@holycrosshealth.org

HOLY CROSS HEALTH
In 2012, about 50% of U.S. adults (117 million) had one or more chronic health condition (Prev. Chronic Disease 2014).

In 2011, 52% of adults did not meet recommendations for aerobic exercise and 76% did not meet recommendations for muscle-strengthening exercises (CDC 2013).

In 2009-2010, more than one third of adults in the U.S. were obese (CDC 2013).
Inactivity and Chronic Disease (con’t)

- In 2006, 84% of healthcare spending was spent on 50% of the population who have one or more chronic condition (Robert Wood Johnson 2010)

- In 2010, chronic diseases were responsible for 7 out of 10 deaths in the U.S. (CDC 2013)

- It is projected that by 2023, there will be a 42% increase in cases of seven chronic diseases including cancer, diabetes, hypertension, stroke, heart disease, pulmonary conditions and mental illness (deVol et. Al 2007)

- Physical inactivity is closely correlated with chronic diseases
What could we do to fix this?
Exercise!!
Benefits of Exercise

- Reduces pain associated with arthritis
- Reduces risk of dementia and Alzheimer’s disease
- Reduces risk of developing type 2 diabetes by 23-46% (up to 80% of type 2 diabetes is preventable with a healthy diet + exercise)
Benefits Con’t

- Reduces the risk of heart disease
- Reduces the risk of stroke
- Protects against depression, improves well-being
- Slows the rate of bone loss in postmenopausal women
- Reduces risk of colon cancer by 47%
Benefits con’t

- Slows prostate cancer
- Aerobic exercise reduces risk of breast cancer by 18%
- Reduces back pain
- Helps with weight loss and weight management
- Improves longevity and quality of life
Physical Activity Guidelines

Adults

• 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (ex. brisk walking) OR 1 hour and 15 minutes of vigorous aerobic activity (ex. Jogging or running) AND

• 2 or more days a week of strength training for the legs, hips, back, abdomen, chest, shoulders and arms.

Children

• At least 1 hour of physical activity including aerobic exercise, strength training and weight bearing (bone building exercises).
Common Exercise Barriers

- I don’t have time
- It costs too much to join a gym
- It will be painful
- I don’t enjoy it
Solutions?
Solutions

- Make it fun
- Exercise with a friend
- Set some realistic goals
- Keep it simple
- Share your plan with your family
Easy Ways to Stay Active

- Deep breathing and posture check
- Foot tapping
- Ankle circles
- Chair marching
- Seated leg extensions
- Sit to stand
- Chair marching with boxing sequence
- Standing heal raises/calf stretch
- Standing side leg lifts
Stay Active con’t

- Standing hip extension
- Table stretch
- Hamstring curls
- Standing crunches
- Standing side crunches
- Seated stretching (hamstrings, glutes, spine, shoulders, chest, neck)
- Final breathing for relaxation
Questions?
How much physical activity do children need?

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

This may sound like a lot, but don’t worry! Your child may already be meeting the Physical Activity Guidelines for Americans. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:

1. Aerobic Activity

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

2. Muscle Strengthening

Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

3. Bone Strengthening

Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

How do I know if my child's aerobic activity is moderate- or vigorous-intensity?

Here are two ways to think about moderate- and vigorous-intensity:

1. On a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When your son does moderate-intensity activity, his heart will beat faster than normal and he will breathe harder than normal. Vigorous-intensity activity is a level 7 or 8. When your son does vigorous-intensity activity, his heart will beat much faster than normal and he will breathe much harder than normal.

2. Another way to judge intensity is to think about the activity your child is doing and compare it to the average child. What amount of intensity would the average child use? For example, when your daughter walks to school with friends each morning, she’s probably doing moderate-intensity aerobic activity. But while she is at school, when she runs, or chases others by playing tag during recess, she’s probably doing vigorous-intensity activity.

Want examples? Check out Aerobic, muscle- and bone-strengthening: what counts? (/physicalactivity/everyone/gu...
What do you mean by "age-appropriate" activities?
Some physical activity is better-suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

Tips on Getting Children Active
Making Physical Activity a Part of a Child's Life (/physicalactivity/everyone/getactive/children.html)
How is it possible for your child to meet the Guidelines? What can you do to get your child active? Find out here!

Here's what other children and adolescents are doing to meet the Guidelines:

Harold (http://www.cdc.gov/physicalactivity/everyone/success/children_example_harold.html)

Maria (http://www.cdc.gov/physicalactivity/everyone/success/children_example_maria.html)
How much physical activity do adults need?

Physical activity is anything that gets your body moving. According to the 2008 Physical Activity Guidelines for Americans, you need to do two types of physical activity each week to improve your health—aerobic and muscle-strengthening.

For Important Health Benefits

Adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but it’s not. That’s 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don’t have to do it all at once. You can even break it up into smaller chunks of time during the day. It’s about what works best for you, as long as you’re doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

For Even Greater Health Benefits

Older adults should increase their activity to:

- 5 hours (300 minutes) each week of moderate-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

- 2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

More time equals more health benefits

If you go beyond 300 minutes a week of moderate-intensity activity, or 150 minutes a week of vigorous-intensity activity, you’ll gain even more health benefits.
Aerobic activity – what counts?

**Aerobic activity** or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you’re doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**.

**Intensity** is how hard your body is working during aerobic activity.

**How do you know if you're doing light, moderate, or vigorous intensity aerobic activities?**

For most people, light daily activities such as shopping, cooking, or doing the laundry doesn’t count toward the guidelines. Why? Your body isn’t working hard enough to get your heart rate up.

**Moderate-intensity aerobic activity** means you’re working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

**Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that **1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity**.

Some people like to do vigorous types of activity because it gives them about the same health benefits in half the time. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you.

**For more examples, see Measuring Physical Activity.**

**Muscle-strengthening activities – what counts?**

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

Learn how to strengthen your muscles **at home** and **in the gym**.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Just keep in mind that muscle-strengthening activities don’t count toward your aerobic activity total.

There are many ways you can strengthen your muscles, whether it’s at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
• Heavy gardening (i.e., digging, shoveling)
• Yoga

What if you have a disability?

If you are an adult with a disability, regular physical activity can provide you with important health benefits, like a stronger heart, lungs, and muscles, improved mental health, and a better ability to do everyday tasks. It's best to talk with your health care provider before you begin a physical activity routine. Try to get advice from a professional with experience in physical activity and disability. They can tell you more about the amounts and types of physical activity that are appropriate for you and your abilities. If you are looking for additional information, visit The National Center on Physical Activity and Disability (http://www.ncpad.org).

Tips on Getting Active

Adding Physical Activity to Your Life (/physicalactivity/everyone/getactive/index.html)
If you're thinking, "How can I meet the guidelines each week?" don’t worry. You'll be surprised by the variety of activities you have to choose from.

Based on the 2008 Physical Activity Guidelines for Americans, this brochure can help you decide the number of days, types of activities, and times that fit your schedule.

They did it. So can you!

Alex, age 32 (/physicalactivity/everyone/success/alex.html) "After a knee injury, I decided I needed to be more active and make a lifestyle change."

Demetrise, age 42 (/physicalactivity/everyone/success/demetrise.html) "I have started exercising regularly to calm down and reduce stress."

Susan, age 45 (/physicalactivity/everyone/success/susan.html) "Being active helps me keep up with my kids."
How much physical activity do older adults need?

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

For Important Health Benefits

Older adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (/physicalactivity/everyone/guidelines/olderadults.html) (i.e., brisk walking) every week and muscle-strengthening activities (/physicalactivity/everyone/guidelines/olderadults.html) on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

\[\text{OR}\]

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (/physicalactivity/everyone/guidelines/olderadults.html) (i.e., jogging or running) every week and muscle-strengthening activities (/physicalactivity/everyone/guidelines/olderadults.html) on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

\[\text{OR}\]

An equivalent mix of moderate- and vigorous-intensity aerobic activity (/physicalactivity/everyone/guidelines/olderadults.html) and muscle-strengthening activities (/physicalactivity/everyone/guidelines/olderadults.html) on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

For Even Greater Health Benefits

Older adults should increase their activity to:

- 5 hours (300 minutes) each week of moderate-intensity aerobic activity (/physicalactivity/everyone/guidelines/olderadults.html) and muscle-strengthening activities (/physicalactivity/everyone/guidelines/olderadults.html) on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

\[\text{OR}\]

- 2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity (/physicalactivity/everyone/guidelines/olderadults.html) and

More time equals more health benefits

If you go beyond 300 minutes a week of moderate-intensity activity, or 150 minutes a week of vigorous-intensity activity, you'll gain even more health benefits.
An equivalent mix of moderate- and vigorous-intensity aerobic activity on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Aerobic activity – what counts?

**Aerobic activity** or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you’re doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**. Even something as simple as walking is a great way to get the aerobic activity you need, as long as it’s at a moderately intense pace.

**Intensity** is how hard your body is working during aerobic activity.

**How do you know if you’re doing moderate or vigorous aerobic activity?**

On a 10-point scale, where sitting is 0 and working as hard as you can is 10, **moderate-intensity aerobic activity is a 5 or 6**. It will make you breathe harder and your heart beat faster. You’ll also notice that you’ll be able to talk, but not sing the words to your favorite song.

**Vigorous-intensity activity is a 7 or 8** on this scale. Your heart rate will increase quite a bit and you’ll be breathing hard enough so that you won’t be able to say more than a few words without stopping to catch your breath.

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week.

Intensity is how hard your body is working during aerobic activity. A rule of thumb is that **1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity**.

Everyone’s fitness level is different. This means that walking may feel like a moderately intense activity to you, but for others, it may feel vigorous. It all depends on you – the shape you're in, what you feel comfortable doing, and your health condition. What's important is that you do physical activities that are right for you and your abilities.

Muscle-strengthening activities – what counts?

Besides aerobic activity, you need to do things to make your muscles stronger at least 2 days a week. These types of activities will help keep you from losing muscle as you get older.

To gain health benefits, muscle-strengthening activities need to be done to the point where it’s hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing one sit-up. Try to do 8—12 repetitions per activity that count as one **set**. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

There are many ways you can strengthen your muscles, whether it’s at home or the gym. The activities you choose should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). You may want to try:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (push ups, sit ups)
- Heavy gardening (digging, shoveling)
- Yoga
Tips on Getting Active

Making Physical Activity a Part of an Older Adult's Life ([physicalactivity/everyone/getactive/olderadults.html])

If you're thinking, "How can I meet the guidelines each week?" don't worry. You'll be surprised by the variety of activities you have to choose from.

Here's what two different older adults are doing to meet the Guidelines:

**David**, Age 65 ([physicalactivity/everyone/success/david.html]) "I have been able to control my diabetes with diet and exercise rather than insulin.

**Harold**, Age 67 ([physicalactivity/everyone/success/harold.html]) "If you are patient and disciplined, you can be stronger than you were 10 years ago."

Related Information

**Growing Stronger: Strength Training for Older Adults** ([physicalactivity/growingstronger/index.html]) is an exercise program based upon scientific research involving strengthening exercises—exercises that have been shown to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility.

Senior Fit

Holy Cross Health, Inc. in partnership with National Lutheran Communities & Services, Kaiser Permanente, MGN Family Foundation, the Montgomery County Dept. of Recreation, Maryland-National Capital Parks and Planning Commission and local churches offers Senior Fit, a 45‐minute exercise class designed for adults age 55 and older that focuses on strength, flexibility, balance, coordination, and cardiovascular endurance. Exercise helps to prevent falls, manage chronic illnesses and improve quality of life. Classes are ongoing and a physician’s consent form is required to participate. To request a consent form, call (301) 754-8800 or go to the HC website, [www.holycrosshealth.org](http://www.holycrosshealth.org).

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<tr>
<th>Location</th>
<th>Address</th>
<th>Instructor</th>
<th>Class Days &amp; Times</th>
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<tbody>
<tr>
<td>Montgomery County</td>
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<tr>
<td>Asbury Methodist Village</td>
<td>409 and 417 Russell Ave. Gaithersburg, MD 20877-2801 (301) 987-6255 Contact: Shannon Babb</td>
<td>Keith Federman</td>
<td>M/W 4:30 – 5:15 pm (Mon. – 409 Rosborough Cultural Arts and Wellness Center Wed. – 417 Community Bldg., Hefner Auditorium)</td>
</tr>
<tr>
<td>Bauer Drive Community Center</td>
<td>14625 Bauer Drive Rockville, MD 20853 (240) 777-6922 Contact: Alex Taylor</td>
<td>Keith Federman</td>
<td>M/W 9:00 – 9:45 am M/W 10:00 – 10:45 am F – 9:15 – 10:00 am</td>
</tr>
<tr>
<td>East County Community Center</td>
<td>3310 Gateshead Manor Way Silver Spring, MD 20904 (240) 777-8090 Contact: Jewell Lyons</td>
<td>Chatarina Lindvall</td>
<td>M/W/F 10:45 – 11:30 am</td>
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<tr>
<td>Germantown Community Center</td>
<td>18905 Kingsview Road Germantown, MD 20874 (240) 777-8095 Contact: Doug Simpson</td>
<td>Keith Federman</td>
<td>Tu 1:45 – 2:30 pm Th 11:30 – 12:15 pm</td>
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<tr>
<td>Gwendolyn Coffield Community Center</td>
<td>2450 Lyttonsville Road Silver Spring, MD 20910 (240) 777-4900 Contact: Receptionist</td>
<td>Bette Crockett</td>
<td>Tu/Th 10:30 – 11:15 am</td>
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<tr>
<td>Holy Cross Senior Source</td>
<td>8580 Second Avenue Silver Spring, MD 20910 (301) 754-8510 Contact: Mary Bulla</td>
<td>Patricia Smith</td>
<td>M/W 9:15 - 10:00 am</td>
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<tr>
<td>Long Branch Community Center</td>
<td>8700 Piney Branch Road Silver Spring, MD 20901 (240) 777-6975 Contact: Mary Pelz</td>
<td>Patricia Smith</td>
<td>M/W 12:00 – 12:45 pm</td>
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<td>Margaret Schweinhaut Senior Center</td>
<td>1000 Forest Glen Road Silver Spring, MD 20901 (240) 777-8085</td>
<td>Chatarina Lindvall Chatarina Lindvall Bette Crockett Ann Johnson/ Norah O'Donnell</td>
<td>M/W/F 8:30 – 9:15 am  M/W/F 9:30 – 10:15 am  Tues. 9:00 – 9:45 am  Sat. 9:30 – 10:15 am</td>
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<td>Marilyn Praisner Community Center</td>
<td>14906 Old Columbia Pike Burtonsville, MD 20866 (240) 777-4970</td>
<td>Jane Chente-Wu Adams Jane Chente-Wu Adams</td>
<td>M thru F 9:00 - 9:45am  M/W/F 10:00 – 10:45 am</td>
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<td>Plum Gar Neighborhood Recreation Center</td>
<td>19561 Scenery Drive Germantown, MD 20876</td>
<td>Mark Rosenfeld</td>
<td>W/F 10:30 – 11:15 am</td>
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<tr>
<td>Rockville Senior Center</td>
<td>1150 Carnation Drive Rockville, MD 20850 (240) 314-5019 Chris Klopfer</td>
<td>Rebecca Aehle</td>
<td>M/W 1:30 – 2:15 pm  M/W 2:20 – 3:05 pm</td>
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<td>Ross J. Boddy Community Center</td>
<td>Emmanuel- Brinklow Seventh Day Adventist Church 18800 New Hampshire Ave. Ashton, MD 20861 301-774-0400</td>
<td>Rebecca Aehle</td>
<td>Tu/Th 9:00 – 9:45 am</td>
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<tr>
<td>The Lutheran Church of St. Andrew</td>
<td>15300 New Hampshire Ave. Silver Spring, MD 20905 (301) 384-4394 Contact: Marilee Tollefson</td>
<td>Keith Federman</td>
<td>Tu/Th 9:15 – 10:00 am</td>
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<td>The Village at Rockville</td>
<td>9701 Veirs Drive Rockville, MD 20850 (301) 424-9560 ext. 17604 Contact: Jessica Hillenbrand</td>
<td>Ann Johnson</td>
<td>M/W 3:30 – 4:15 pm</td>
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<tr>
<td>Wheaton Community Center</td>
<td>11711 Georgia Ave. Wheaton, MD 20902 (240) 777-8057 Contact: Kimberly Bryant</td>
<td>Karl Haddad</td>
<td>M/W/F 11:00 – 11:45 am</td>
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<tr>
<td>White Oak Community Recreation Center</td>
<td>1700 April Lane Silver Spring, MD 20904 (240)777-6945 Contact: Shememe Williams</td>
<td>Chatarina Lindvall</td>
<td>T/Th 9:00 – 9:45 am</td>
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<td>Prince George’s County</td>
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<td>Bowie Municipal Gym</td>
<td>4100 Northview Drive</td>
<td>Nancy Shaffer</td>
<td>M/W/F 9:00 - 9:45 am</td>
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<td>Bowie, Maryland 20716</td>
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<td>(301) 809-2388</td>
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<td>Contact: Donna Hooper</td>
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<td>Greenbelt Community Center</td>
<td>15 Crescent Road</td>
<td>Bonnie Johnson</td>
<td>M/W/F - 9:00 – 9:45 am</td>
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<td>Greenbelt, MD 20770</td>
<td>Karl Haddad</td>
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<td>(301) 397-2208</td>
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<td>Contact: Karen Haseley</td>
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<td>Langley Park Senior Center</td>
<td>1500 Merrimac Drive</td>
<td>Nancy Shaffer</td>
<td>Tu/Th 11:15am – 12:00 pm</td>
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<td>Hyattsville, MD 20783</td>
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<td>(301) 445-4508</td>
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<td>Contact: Brenda Harris</td>
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<td>P.G. Plaza Community Center</td>
<td>6600 Adelphi Road</td>
<td>Chatarina Lindvall</td>
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<td>(301) 864-1611</td>
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<td>Contact: Sara Swarr</td>
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<tr>
<td>Rollingcrest-Chillum</td>
<td>6120 Sargent Road</td>
<td>Karl Haddad</td>
<td>Tu/Th 9:15 – 10:00 am</td>
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<tr>
<td>Community Center</td>
<td>Chillum, MD 20782</td>
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<td>(301) 853-9115</td>
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<td></td>
<td>Contact: Glen Reynoso</td>
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<tr>
<td>Washington D.C.</td>
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<tr>
<td>Takoma Park Baptist Church</td>
<td>635 Aspen Street, NW</td>
<td>Patricia Smith</td>
<td>Tu/Th 8:30 – 9:15 am</td>
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<td></td>
<td>Washington, D.C. 20012</td>
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<td>(202) 723-4700</td>
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<td>Contact: Lolinda Mosely</td>
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<tr>
<td>Zion Baptist Church</td>
<td>4817 Blagden Avenue, NW</td>
<td>Karl Haddad</td>
<td>T/Th 10:45 – 11:30 am</td>
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<td>*RESTRICTED</td>
<td>Washington, D.C. 20011</td>
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<td>(202) 723-8537</td>
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<td>Contact: Regina Johnson</td>
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Community Fitness Calendar

Fitness and Movement Classes: Jan. - May 2015
Classes are held at the Holy Cross Resource Center, 9805 Dameron Drive, Silver Spring, Maryland across the street from Holy Cross Hospital unless otherwise indicated. To register, call 301-754-8800 or fill out the attached registration form.

Baby Boomer Boogie
Thursdays, Jan. 15 – Feb. 19
9:00 - 10:00 am
Margaret Schweinhaut Senior Center
1000 Forest Glen Road
Silver Spring, MD  20901
$30 per six-week session
This high energy, creative cardio workout combines basic dance steps and diverse musical styles to leave you feeling energized! Taught by singer/dancer/performer Ann Johnson. Al

Ballroom/ Latin/ Swing Dance: Basics and Beyond
Tuesdays, Dec. 30 – Feb. 3, Feb. 10 – March 17, March 24 – April 28
6:30 to 7:30 p.m.
$70 per six-week session
Learn ballroom dancing in a fun, supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. No partner required.
Instructor Team: Diane Ellis-McRoberts & Paul McRoberts
**Gentle Yoga**
*Thursdays, Jan. 8 – Feb. 12, Feb. 19 – March 26, April 2 – May 7
10:30 am to 11:45 am or
6:00 to 7:15 p.m.*
$70 per six week session
A relaxing and restorative class for adults of all ages. All fitness levels welcome including those with physical challenges.

**Pilates**
*Wednesdays, Jan. 7 – Feb. 11, Feb. 25 – April 1, April 15 – May 20
6:30 – 7:15 p.m.*
$70 per six-week session
A mat-based class to improve flexibility, core strength and posture.

**Yoga I**
*Mondays, Jan. 5 – Feb. 9, Feb. 16 – March 23, March 30 – May 4
6:15 – 7:30 p.m.*
*Thursdays, Jan. 8 – Feb. 12, Feb. 19 – March 26, April 2 – May 7
9:00 – 10:15 a.m.*
$70 per six-week session
This physically active, meditative experience develops flexibility and strength.

**Yoga II**
*Mondays, Jan. 5 – Feb. 9, Feb. 16 – March 23, March 30 – May 4
7:45 to 9:00 p.m.*
*Thursdays, Jan. 8 – Feb. 12, Feb. 19 – March 26, April 2 – May 7
7:30 to 8:45 p.m.*
$70 per six-week session, $60 per five-week session, $50 per four-week session, $40 per three-week session.
For continuing yoga students who have taken Yoga I.

**Yoga Nidra**
*Sundays, Jan. 4 – Feb. 8, Feb. 22 – March 29, April 12 – May 10
6:00 – 7:00 p.m.*
$70 per six-week session, $50 per four-week session
Join us for iRest® Yoga Nidra, a guided meditation practice to teach you how to restore your deepest sense of well-being. “Pain is inevitable; suffering is optional.” Learn the ancient yoga process of how to let go of the resistance that causes suffering. Regain your sense of inner peace.

**YOGA FOR WOMEN**
*Sundays, Jan. 4 – Feb. 8, Feb. 22 – March 29, April 12 – May 10
4:30 to 5:45 p.m.*
$70 per six-week session, $50 per four-week session
A yoga class designed for women 30 and older to reduce muscle tension and enhance well-being.
ZUMBA
Wednesdays, Jan. 7 – Feb. 11, Feb. 25 – April 1, April 15 – May 20
5:30 to 6:30 p.m.
$70 per six-week session
Join professional dancer and choreographer Meryl Shapiro for a low-impact Latin dance-based aerobics class.

FOR HOLY CROSS EMPLOYEES

Employee Fit Cardio/Strength
A free drop-in cardio/strength class for Holy Cross employees is offered on Mondays and Wednesdays and at the Resource Center from 4:45 – 5:30 pm. All fitness levels welcome!

Walk Fit
An informal walking group for employees meets at noon on Tuesdays and Thursdays at the reception desk of the hospital for a 30 minute walk in Sligo Creek Park.
HOLY CROSS HEALTH
FITNESS AND MOVEMENT CLASS
REGISTRATION

To register for a Holy Cross Fitness and Movement class, fill out the form below and mail it with your check or credit card information to:

Holy Cross Health
Community Health Dept.
1500 Forest Glen Road
Silver Spring, MD  20910
Attn:  Sarah McKechnie

(Checks should be made out to Holy Cross Health. Employees may send registration forms/checks to Sarah McKechnie through interoffice mail.)

Class Name:  _______________________________________________________

Session Dates: ______________

Participant name:  ___________________________________________________

Address: ___________________________________________________________

City:  ________________ State: ________   Zip: ______________

Phone #: __________________  Date of birth : _______  Fee enclosed: ______

Payment choice: ______ Check ________Credit Card

For credit card payments:

Credit card type:  ___________________________________________________

Name on credit card:  ________________________________________________

Card number:  ______________________________________________________

Address (if different from above):
_________________________________________________________________

Expiration date: ___________ 3-digit Security Code: __________

Employees receive a 50% discount off the registration fee for Fitness and Movement classes. All fitness classes are offered at the Holy Cross Resource Center, 9805 Dameron Drive, Silver Spring, MD  20902 (across the street from the hospital) unless otherwise noted.