



EMPOWERING U

Welcome to **EMPOWERING U** at The Normandy Senior Living. We invite you to join us on a journey of exploration to activate fitness, nutrition and lifestyle habits to live a healthy, empowered life.

To register or learn more about our class offerings, call **440.333.5401** and select **3** for Breakwater

CLASS OFFERINGS:

INSTRUCTOR: MELISSA RENNER
Total Body Sing-A-Long
Every Monday, Wednesday and Friday from February 26 through May 31 at 10:00 a.m.
Riverwood Studio, Breakwater Apartments

This class is a combination of strength, mobility and cardiovascular exercises all while singing your favorite, nostalgic songs. You not only yield the health benefits from exercise, but also the health benefits of singing, such as exercising the respiratory system. It is a great way to get both music and motion.

INSTRUCTOR: MELISSA RENNER
Seated Yoga
Every Monday, Wednesday and Friday from February 26 through May 31 at 11:00 a.m.
Riverwood Studio, Breakwater Apartments

Seated yoga consists of low-impact, safe and gentle chair yoga stretching exercises, postures and breathing techniques. The benefits of traditional yoga can be attained all while staying seated. Seated yoga stretches can improve flexibility, circulation and energy levels as well as relief from hypertension, anxiety and chronic arthritis pain on limbs and joints.

INSTRUCTOR: MELISSA RENNER

Brain & Body

Every Monday, Wednesday and Friday from February 26 through May 31 at 11:45 a.m.

Riverwood Studio, Breakwater Apartments

This is one class you don't want to miss!

This class is not only great for fall prevention and improving your balance, but incorporates exercises to improve posture, body alignment, memory, mindfulness, strength and flexibility. This is a well-rounded class with a collective approach to strengthen both mind and body that everyone can benefit from.

INSTRUCTOR: MELISSA RENNER

Grandparents & Grandkids Workout: Seated Zumba®

4/13 at 12:00 p.m.

Riverwood Studio, Breakwater Apartments

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong.

INSTRUCTOR: JACK NEMECEK

Core Fore

3/23 at 10:30 a.m.

Avalon Hall, Breakwater Apartments

Get ready for the golf course this summer with our Core Fore golf fundamentals class. We will be going through different stretches and warmup exercises to help you to improve your golf game before the greens are ready.

INSTRUCTOR: MELISSA RENNER

Silver Strength

3/6, 3/13, 3/20, 3/27 at 2:00 p.m.

Riverwood Studio, Breakwater Apartments

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

INSTRUCTOR: JACK NEMECEK

Dumbbells & Donuts

3/23 at 9:30 a.m.

Avalon Hall, Breakwater Apartments

Join us for a workshop, focusing on full body workouts that you can do with just one piece of classic gym equipment – the dumbbell. You will leave this workshop with new dumbbell exercises to try, tips for proper form to remain safe while working out and delicious donuts!

INSTRUCTOR: KATHRYN EYRING

Aging Gracefully with a Healthy Brain: 5 Things You Must Know

4/18 at 4:00 p.m.

Avalon Hall, Breakwater Apartments

Kathryn Eyring is the producer of *Aging Gracefully* TV, a public-access TV show with weekly interviews of inspiring and unstoppable aging adults and senior advocates. Join us for an interactive discussion with Katherine about *Aging Gracefully with a Healthy Brain* and learn about the top five things you must know to maintain your brain health.

