



City of Long Beach
Department of Parks and Recreation

MAGNOLIA SENIOR CENTER

650 Magnolia Blvd., 2nd Floor, Long Beach, NY 11561 (516) 431-3890

WELLNESS PROGRAMS INFORMATION

The **WELLNESS PROGRAMS INFORMATION** is designed to guide participants in their selection of exercise programs. The list provides a brief description of the activities in each program. In addition, each course is given a rating regarding the amount of energy required to perform the exercises and the difficulty level of the activities. The program rating levels are defined as follows:

- Level 1 - Mostly seated exercises as well as mild standing activities
- Level 2 - Moderate energy required and active exercises
- Level 3 - High-energy required and fast paced exercises.

You should always check with your doctor before participating in any exercise program. Do NOT attend an exercise class above or below your ability.

WELLNESS PROGRAMS INFORMATION

Aerobics For Fitness

Wed. **Instructor:** Lori Rozell

Level: 3

Get an intensive workout with quick aerobics movements, balance exercises and strength training.

Chair Workout With Stephanie

Thu. **Instructor:** Stephanie Durso

Level: 2

Enjoy strengthening exercises done while sitting or standing next to a chair.

Chair Yoga – Pranayama Method

Mon. **Instructor:** Rosa Maria Goeller **Level: 1**

This is a carefully guided sequence designed to guide your personal experience with yoga helping your body balancing breath and movement . We'll focus on balance and strength while sitting or standing next to a chair.

Easy Does It Aerobics & Balance

Mon. **Instructor:** Lori Rozell

Level: 2

This fitness program includes stretching, light aerobics, strength training and balance exercises.

Easy Tai Chi & Balance

Wed. **Instructor:** Judith Weitz

Level:1

If you want to improve your balance skills, you must make time to exercise on a regular basis. Join this wonderful class designed to gently strengthen your legs and work towards better balance. You will learn simple and effective Tai Chi forms and Qi Gong exercises.

Fitness Challenge

Tues. **Instructor:** Stephanie Durso

Level: 3

Enjoy aerobic dance for a fun cardio conditioning workout, followed by a weight training and stretching.

Flexercise

Fri. **Instructor:** Jan Steinberger

Level: 3

Get a challenging total body workout which includes strength training, stretching, balance exercises and creative movements.

Meditation With Lisa

Varies **Instructor:** Lisa Wisel

Level: 1

Learn how to activate and receive the healing that is already within you. The music, movement and an easy guided embodiment lesson (while seated in a chair) will give you the tools needed to keep calm and move on!

Movement To Music With Lisa

Wed. **Instructor:** Lisa Wisel

Level: 1

Enjoy moving to fantastic music while sitting or standing! Balance booster activities will be included.

Movement With Yoga

Thu. **Instructor:** Stephanie Durso

Level: 2

Meditate, stretch and practice many kinds of Yoga postures, while sitting and standing with the aid of a chair.

Pilates With Pat

Tues. **Instructor:** Patricia Cappeto

Level: 3

Enjoy a movement experience that is goal-driven and encourages improved body mechanics, balance, coordination, strength and flexibility. This is a gentle class (not easy) that is virtually no impact, but intense in an entirely new way. Bring a yoga mat!

Seated Strength Training

Mon. **Instructor:** Lori Rozell

Level: 2

Get an effective workout with mostly seated exercises that will improve your posture, increase your flexibility and strengthen your muscles.

Sit & Get FitTue. **Instructor:** Patricia Cappeto **Level: 1**

Improve your health, balance and fitness via exercises done while sitting or standing next to a chair.

Slow Flow Hatha YogaThurs. **Instructor:** Elizabeth Harrington **Level: 3**

With these Hatha floor poses you will focus on stretching and breathing. Improve your range of motion & flexibility, purify your body and mind as well as tone your muscles and relax your joints. Bring a non-skid Yoga mat.

Stretch & Strength For LifeMon. **Instructor:** Kathleen Regan **Level: 1**

Enjoy a series of stretches and Yoga poses, many in a seated position and some standing with the help of a chair.

Yin YogaFri. **Instructor:** Elizabeth Harrington **Level: 2**

This is a gentle slow paced practice designed to help you relieve tension, focus on breathing and increase mindfulness. It uses relaxing postures with slow transitions on the floor. Bring a non-skid Yoga mat.

Yoga For Strength & BalanceFri. **Instructor:** Kristen Petliski **Level: 3**

Intermediate level Yoga exercises include seated postures, standing postures and floor exercises. Bring a non-skid Yoga mat.

Yoga For Well-beingFri. **Instructor:** Beverlee Bertinetti **Level: 2**

With the aid of a chair, improve your balance and flexibility in this seated and standing yoga class.

Yoga & ShiatsuVaries **Instructor:** Rosa Maria Goeller **Level: 2**

Feel good and address the aches and pains in your body by following a healing gentle yoga sequence (seating and standing poses) and targeted Shiatsu massage. Learn how to help your lymphatic system detoxify, incorporate a new habit in your routine.

ZumbaFri. **Instructor:** Barbara Prince **Level: 3**

Get a total body workout with an explosive and energetic aerobic program which includes Latin dance steps such as Merengue, Salsa, Cha Cha, Cumbia and Bachata.

