

FITNESS
CLASS KEY

Rossmoor Television continues to offer more fitness class options. See corresponding # from the TV grid described below:

FIT #0: Fitness Fun with Cathy as normally scheduled programming.

FIT #1: Zumba. 30 minutes. Sabrina Monahan is a certified personal trainer and Zumba instructor working at Tice Creek Fitness Center. She loves helping others with their health and wellness goals and believes that smiling and laughing are keys to a happier life. Join Monahan for an up-tempo Zumba session and check www.TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #2: Yoga for All. 30 minutes. Barbara Bureker puts emphasis on flexibility as the theme of this program. She demonstrates a variety of body stretches to keep active and limber.

FIT #3: Muscle Conditioning. 30 minutes. Karel Nunink has been teaching fitness for over 35 years. He is a certified personal trainer and resistance training specialist, and is indoor cycling certified. He is a former marathon runner, Ironman triathlete and Master’s ski champion. He talks about the need to exercise to keep the mind sharp and the body flexible.

FIT #4: Lower Body Strengthening. 30 minutes. Bob Huff has been a fitness instructor for 25 years and has taught in Rossmoor for over 20 years. He is a certified medical exercise specialist, personal trainer and athletic trainer, and is Pilates certified. Huff shows beginning Pilates to help viewers understand the concept. He welcomes residents to join him at the Fitness Center.

FIT #5: Power Balance. 30 minutes. Keith Thomas is a physical therapist and Chinese health practitioner, and has been working in this field for over 20 years. He explains how power balance is an important part of keeping the body healthy and strengthening the core. Thomas is also a martial arts expert.

FIT #6: Stretching and Core. 30 minutes. The core consists of the muscles within the abdomen, hips and lower back. These muscles support pelvic girdle and spine, and facilitate movements of hips and torso. **Troy Hancock** shows moves to strengthen and stretch bodies.

FIT #7: Qigong. 30 minutes. Qigong (pronounced “Chee gung”) is translated from the Chinese to mean “energy cultivation” or “working with the life energy.” Qigong is an ancient Chinese system of postures, exercises and breathing techniques. **Adam Wallace** is a certified instructor, and explains the value of this exercise for seniors.

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