



FALL 2018

LIFETIME FITNESS INFORMATION

For more than three decades, the U-M School of Kinesiology has offered community programs for Southeastern Michiganders at all stages of life. We're proud to serve our neighbors through educational and motivational programs that inspire healthy and active lifestyles. Join us Monday thru Friday, from 9am-10am, in the JC Penney's court at Briarwood Mall, for fitness and fun. Our classes are specifically designed for senior adults, however everyone is welcome!

Instructor Spotlight:

Meet Gary, Chair Yoga Instructor. Prior to becoming a yoga instructor, Gary was a registered nurse for 30 years. After deciding upon a career change, Gary decided to study yoga and found a program designed to improve mobility for people with pre-existing conditions such as hip, shoulder, or back injuries. He has been teaching for 5 years now.

DONATIONS

Won't you consider giving a little to get a lot in return? Lifetime fitness classes are made possible thru the kind donations of its participants. Your donations are the sole source of funding to cover operating costs. Thanks to you, Lifetime Fitness is able to pay its wonderful instructors, and to purchase new equipment or other materials, as needed. For as little as \$3 per class, you can ensure the Lifetime Fitness program will continue. Please consider making a tax-deductible donation!

To pay by credit card, please check out our website: www.kines.umich.edu/lifetime-fitness and click the **GIVE ONLINE NOW** button.

Prefer donating by check? Instructors have donation forms available. Please make checks payable to: **University of Michigan**. Thank you for your support!

SCHEDULE

HOLIDAY SCHEDULE:

Due to mall scheduling, there will be NO classes: 11/22 & 11/23, 12/14 thru 12/26, 12/30, & 1/1.

*****INCLEMENT WEATHER POLICY***** In order to keep our instructors safe, classes will be cancelled when Ann Arbor Public Schools are closed due to adverse weather conditions.

Regular Schedule:

Monday, Wednesday, Friday: LTF Aerobics

Tuesday: Chair Yoga

Thursday: Zumba Gold

****Please note:** As of December 1, 2018, we will no longer be offering classes on Saturdays.

Class Descriptions:

LTF Aerobics - Carefully structured activity class to include warm-up, pre-aerobic stretch, sitting and standing aerobics, strength training, cool down, and final stretch.

Chair Yoga - A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Benefits of chair yoga include increased strength, flexibility, proprioception, mental clarity, reduced stress, and pain management.

Zumba Gold - You will dance to a fusion of Latin and international music at a modified intensity. The workout encompasses all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

SHIRT ORDERS

Like the Lifetime Fitness shirts our instructors wear? We're currently accepting orders!

To order a Lifetime Fitness shirt, please see your instructor for an order form. Checks should be made payable to: **University of Michigan**. Orders may be turned in to your LTF instructor, no later than Saturday, November 24. All proceeds from the shirt sales support the Lifetime Fitness program. Shirt orders will be placed on November 26th, and delivered to class mid-December.

CONTACT INFORMATION

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