

Westbrook Senior Center Class Descriptions:

Better Balance (Tuesdays 1:45pm) Instructor Cindee Tine, PTA, Balance Teacher and Choreographer

Extremely fun class set to music that combines movement for balance, strength, mobility and stability all in one! Sitting and standing. **Drop in: FREE**

Intermediate Level Better Balance (Thursdays 1:45pm) Instructor Cindee Tine, PTA, Balance Teacher and Choreographer

This intermediate class will expand to moderate intensity and muscle strengthening with the use of hand weights, straps for stretching, flex bars and free-standing ballet barre workout.

Drop in: Free

Chair Yoga (Mondays 10:30am) Instructor: Kate Wilson-Perez

This yoga class offers modifications on classical yoga postures so that they may be done either sitting in a chair or standing with a chair for assistance while moving through poses. You will enjoy all the classical hip openers, twists, balance postures and forward bends found in classical yoga. This is a great introduction to yoga and also a great class for anyone who wants to enjoy a gentle, flowing stretch class without ever needing to go to the floor.

\$5.00 Drop-in fee

Strength and Balance Training (Tuesday/Thursday 11:20am) Instructor Kate Wilson-Perez

This 45-minute class is designed for ALL fitness levels. This class teaches general strengthening, stretching and conditioning with the use of hand weights, resistance bands and standing exercises. The combination of these techniques helps to improve balance, core strengthening, flexibility and endurance. **Drop in: FREE**

Tai Ji Quan: Moving for Better Balance (Tuesday/Thursday -New Session Starting April 2023-Registration Required 860-399-2029)

Tai Ji Quan: Moving for Better Balance (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling or people with balance disorders. Fuzhong Li Ph. D. a Senior Scientist at Oregon Research Institute developed the program. Each session is 24 weeks. **Instructor: Kate Wilson-Perez Drop in: FREE**