

MONDAY 1

**HAPPY
LABOR
DAY**

TUESDAY 2

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 3

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 4

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 5

9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 8

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

**TUESDAY 9
MPR**

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 10

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 11

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 12

No Fitness Classes

**MONDAY 15**

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance
**10:30 TIE DYE
T SHIRTS**

TUESDAY 16

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 17

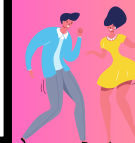
8:45 Stretch
**9:30 Resident
Council**

THURSDAY 18

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 19

9:00 Stretch-MPR
**11:30
SOCK HOP
in the
CHAPEL**

**MONDAY 22**

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 23

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 24

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 25

MPR
9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi

FRIDAY 26*

9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor Walk

MONDAY 29

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 30

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

September
Fitness 2025

**Peterson
Meadows**
Active Independent Senior Living



September 2025



*Final Friday of each month.
Rizzo the dog will join us for exercise.

Sock Hop History

Sock hops were held as early as 1944 by the American Junior Red Cross to raise funds during World War 2. They then became a fad among American teenagers in 1948. Sock hops were commonly held at high schools and other educational institutions, often in the school gymnasium or cafeteria.

The term sock hop came about because dancers were required to remove their shoes to protect the varnished floor of the gymnasium. The music at a sock hop was usually played from vinyl records, sometimes presented by a disc jockey. In later years, "hops" became strongly associated with the 1950s and early rock and roll.

CLASSES WILL BE HELD IN
THE DICK & PAT NYQUIST
FAMILY CHAPEL
*PLEASE CHECK YOUR
MEADOWS MOMENTS FOR
ANY CHANGES.

FITNESS DESCRIPTIONS

Peterson
Meadows
Active Independent Senior Living

HEALTHY HANDS

A therapeutic class designed for the hands to build strength, increase mobility, flexibility and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

SIT & GET FIT

Full body exercises using resistance bands to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

STRETCH

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

OUTDOOR WALK

Weather permitting, let's walk outside together and enjoy some refreshments after. Meet in Chapel

CARDIO DRUMS

A fun and simple exercise that activates many muscles with high-intensity drumming movements.

FUNCTIONAL FITNESS

This class incorporates constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

TAI CHI

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

BALANCE

A variety of exercises that mimic everyday movement. Exercises are performed out of your chair and are designed to help improve balance, mobility, hip strength and help with fall prevention.

LINE DANCING

Learn steps to popular line dances. A fun and easy way to get your steps in and also have a great workout.

