

MONDAY 3

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

TUESDAY 4

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

WEDNESDAY 5

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

THURSDAY 6

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

FRIDAY 7**MPR**

9:00 Stretch
 9:30 Functional
 Strength

MONDAY 10

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

TUESDAY 11**MPR**

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

WEDNESDAY 12

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

THURSDAY 13

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

FRIDAY 14**With Liz**

9:00 Stretch
 9:30 Functional
 Strength

MONDAY 17**With Liz**

9:00 Stretch
 9:30 Sit and Get Fit

TUESDAY 18**With Liz**

9:00 Stretch
 9:30 Functional
 Strength

WEDNESDAY 19

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

THURSDAY 20

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

FRIDAY 21

**ROCKFORD
 UNIVERSITY FIELD
 DAY
 CHAPEL
 10:00-12:00**

**MONDAY 24**

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

TUESDAY 25

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

WEDNESDAY 26

9:00 Stretch
 10:00 Turkey Trot

**THURSDAY 27**

**Happy
 THANKSGIVING**

**FRIDAY 28****Rest Day**

**November
 Fitness 2025**



**Peterson
 Meadows**
 Active Independent Senior Living



November 2025

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

FITNESS CLASSES

Strength or resistance training is one of the more important autumn exercise tips for seniors to retain muscle mass, preserve bone density, and maintain the ability to LIVE INDEPENDENTLY.

Stretch: Flexibility helps with back pain, improves posture, and enhances the capability to move.

Balance: Balance exercises are vital because falls are the leading cause of injury in seniors. There are safe, effective balance exercises that will make you steadier on your feet and better able to move through your day.

Sit and Get Fit: Consider chair exercises: if you have mobility challenges or are concerned you may fall while working out. Resistance bands are a great way to strengthen joints by building muscle.

Functional Strength: Don't neglect muscle mass...

Strong muscles are essential for protecting core strength, which helps with stamina, balance and flexibility. Strength training can easily be completed indoors. Light dumbbells and bodyweight exercises are a safe and fun way to build strength.

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 incorporated 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.

