

MONDAY 1

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

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**MPR**

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

FRIDAY 5

9:00 Stretch
9:30 Functional
Strength
10:00 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**MPR**

9:00 Stretch
9:30 Sit and Get Fit

THURSDAY 11

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

FRIDAY 12

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

MONDAY 15

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

TUESDAY 16**MPR**

9:00 Stretch
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 17

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

THURSDAY 18**MPR**

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

FRIDAY 19

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

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**THURSDAY 25****FRIDAY 26****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

WEDNESDAY 31

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

December

Fitness 2025

Peterson
Meadows
Active Independent Senior Living





December 2025

Improving Your Mobility

It can't be emphasized enough: engaging in physical activity is the single most important thing you can do to maintain mobility and independence, no matter your age or your health status.

Even modest efforts count. "Move more and sit less throughout the day". "Some activity is better than none." The key is finding activities you can do and enjoy. If your joints are a problem, don't try to "pace" your joints, let your joints pace you. Pick low-impact activities such as swimming or water aerobics. Try cycling on a stationary bike at the gym or at home. Stretch and tai chi are other good alternatives. Even a gentle walking program that ramps up slowly will help. If you're in pain, all this activity may seem impossible. But in many cases, exercise actually helps reduce the pain. If you have osteoarthritis, for example, regular exercise not only helps maintain joint function, but also helps relieve stiffness and diminishes pain and fatigue. Maintaining muscle strength can also help dampen stresses on joints.

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.

INDOOR/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.

