

**MONDAY 2**

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

**TUESDAY 3**

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

**WEDNESDAY 4**

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

**THURSDAY 5**

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

**FRIDAY 6**

9:00 Stretch  
9:30 Functional Strength  
10:00 **Noodle Hockey**

**MONDAY 9**

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

**TUESDAY 10**

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

**WEDNESDAY 11**

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

**THURSDAY 12**

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

**FRIDAY 13**

9:00 Stretch  
9:30 Functional Strength  
10:00 **Bucket Ball**

**MONDAY 16**

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

**TUESDAY 17**

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

**WEDNESDAY 18**

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

**THURSDAY 19**

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

**FRIDAY 20**

9:00 Stretch  
9:30 Functional Strength  
10:00 **Noodle Hockey**

**MONDAY 23**

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

**TUESDAY 24**

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

**WEDNESDAY 25**

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

**THURSDAY 26**

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

**FRIDAY 27**

9:00 Stretch  
9:30 Functional Strength  
10:00 **Bucket Ball**

**February**  
**Fitness 2026**

Peterson  
Meadows

# February 2026

## Boost your Heart Health

**Take** a 10 minute walk. If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.

**Give** yourself a lift. Lifting a hardcover book or a two-pound weight a few times a day can help strengthen your joints.

**Eat** one extra fruit or vegetable a day. Fruits and vegetables are inexpensive, taste good and are good for everything from your brain to your bowels.

**Wash** your hands often. Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia and other infections can be very hard on the heart.

**Count** your blessings. Anger, worry and hostility contribute to high blood pressure and heart disease. Tap into positive emotions and Gratitude.

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

## FITNESS DESCRIPTIONS

### **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.

### **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.

### **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.

### **CARDIO DRUMS**

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

### **LINE DANCING**

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

### **NOODLE HOCKEY**

Two teams, seated in chairs, use pool noodles as hockey sticks to score goals.

### **BUCKET BALL**

Toss balls into large cans to score points for your team.