

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

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

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.

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.