

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

9:00 Stretch
9:30 Functional
Strength
10:00 **Meadow
Walkers**

Monday 10

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

Tuesday 11

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi
10:30 **To the Floor and
Back Up**

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

9:00 Stretch
9:30 Functional
Strength
10:00 **Shuffle Board**

Monday 17

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

Tuesday 18

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

Wednesday 19

No Stretch Class
**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

9:00 Stretch
9:30 Functional
Strength
10:00 **Meadow
Walkers**

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
10:30 **To the Floor and
Back Up**

Wednesday 26

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

Thursday 27

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

Friday 28

9:00 Stretch
9:30 Functional
Strength
10:00 **Shuffle Board**

Monday 31

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

August
Fitness 2026

Peterson Meadows



August

2026

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

FITNESS DESCRIPTIONS



Peterson
Meadows

Watermelon ...

is a hydrating, nutrient-rich fruit that supports heart health, weight management, and overall wellness while providing antioxidants and essential vitamins.

Watermelon is composed of over 90% water, making it an excellent choice for staying hydrated, especially in hot weather or after exercise, while also providing electrolytes like potassium and magnesium to maintain fluid balance and nerve function.

Its high water content contributes to a low calorie density, helping you feel full and supporting weight management. Regular consumption of watermelon has been linked to lower blood pressure, reduced LDL cholesterol, and improved heart rate variability, all of which support cardiovascular health.

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.

TO THE FLOOR AND BACK UP

*POP UP EVENT

Learn how to safely get up off the floor.

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.

MEADOW WALKERS

Walking with company is a lot less tiring. Let's walk together. Outside, weather permitting.