

Seniors in Motion

Individualized screening sessions will be offered for risk of falling as well as screening for general fitness levels. In the future, the SIM program also plans to organize outside speakers to present Stepping ON Falls prevention classes as well as classes on nutrition, cooking for 1 or 2, being a caregiver and brain games.

Exercise classes will take place on Tuesday and Thursday mornings starting January 6, 2015 and run through March 20, 2015.

8:00 – 9:00 am FITNESS Class will be directed at strength training, flexibility, balance, and aerobic training. This class will be similar to the Strong Seniors Advanced Class currently offered by La Crosse County. This class will be limited to 30 participants.

9:15 – 10:15 BASICS Class will be directed at strengthening and balance. This class will be similar to the Strong Seniors Basic Class. This class will be limited to 30 participants.

11:15 – 12:00 Varied Abilities Class will be directed at modifying exercises for people who may have some underlying conditions that limit their current activity level and/or want to progress at a slower rate. This class will be limited to 8 participants.

Members of our congregation will be allowed to sign-up one week prior to the dates when registration will be open to the community at-large. Church attendees can register by calling 608-787-0338 from Dec 1 – 10 from 8 am – 5 pm. Please leave your name and phone number and state the class you wish to attend. Registration will open up to the general community on December 11, 2104.

Please contact First Presbyterian Church Office at 608-784-4248 EX 201 to register. The cost of the program is \$16 for the 11 week session. Office hours are Monday – Friday, 8 am – 4pm.