



February 2017 EAAA Annex Week at a Glance

MON	TUE	WED	THU	FRI
Formerly Fitness Fun	Senior Strength 8-8:45am	Formerly Fitness Fun	Senior Strength 8-8:45am	Formerly Fitness Fun
 ENHANCE FITNESS® 8:45-9:45am	Senior Strength 9-9:45am	 ENHANCE FITNESS® 8:45-9:45am	Senior Strength 9-9:45am	 ENHANCE FITNESS® 8:45-9:45am
Functional Fitness & Wellness Class 10-10:45am	Tai Chi 2 10-10:45am	Functional Fitness & Wellness Class 10-10:45am	Line Dancing Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Tai Chi 2 10-10:45am
Tai Chi 3 11-11:45am	Living Well Tuesdays 1-3:30pm Jan 10th - Feb 28th	Tai Chi 3 11-11:45am		Tai Chi 3 11-11:45am
FEB. 27th Adult CPR & AED Training  12:30- 4:30pm		 Intro to Tai Chi coming soon! Call 941-2865 to pre-register!		
			Functional Fitness & Wellness Class 12:00-12:45pm	

Active Connexions Group: Join us at the Annex on the 1st and 3rd Wednesday at 1:30 to plan next month's events. We also meet every Saturday at 8am at the Broadway Dysarts!

REMINDER: Whenever Bangor Public Schools are closed or delayed due to inclement weather, Wellness Programs will not meet during the closed or delayed time. If you are unsure, please contact 941-2865 to learn if classes are cancelled. Please enter the Annex classroom thru the sliding doors in the mall. ALSO: we ask that you CARRY your exercise shoes with you to class if it is wet outside. New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



Important Dates:

- ✧ February 1st - 3rd: American Heart Assoc Wear Red!
- ✧ February 20th: closed for Presidents Day

1129 Union St, Bangor 207.941.2865 or 800.432.7812 info@eaaa.org



Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet
drop-in for \$3 per class
M/W/F 8:45-9:45am

Senior Strength

Using bodyweight, dumbbells, bands, and/or ankle weights to:

- Improve balance & coordination
- Build strength
- Reduce risk of falling



With Lori Diadone

drop-in for \$3 per class

**Tues & Thurs 8-8:45am
& 9-9:45am**

Heartsaver®



Adult CPR & AED

Learn to save a life! Join us for the American Heart Association's Heartsaver Adult CPR & AED class for \$35. Add First Aid for \$30 more.

Monday, February 27th 12:30-4:30



Tai Chi



Dr. Lam's Tai Chi for Arthritis will improve balance, concentration and coordination. We will warm-up, perform basic movements seated or standing, and cool down.

Tai Chi 2

**6 weeks for \$35 or \$5 drop-in
Tue & Fri at 10am**

Tai Chi 3

**6 weeks for \$50 or \$5 drop-in
M/W/F at 11am**

Functional

Fitness & Wellness Class



Join Michelle Spencer for strength, balance and flexibility class that includes core work, stretching.

drop-in for \$3 per class

M&W 10am & Fri at 12pm

Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles, not just country!

With Chris Dispenzieri

First hour is \$4.

Two hours for \$6

Thursdays:

- 10am Beginner
- 11am Improver
- 12pm Intermediate

FALLS RISK ASSESSMENTS

(FRA) Specially trained staff will determine your risk of falling by assessing your:

- Vision
- Reach
- Mobility

Receive a report to reduce your risk of falls! **FREE**

PUNCHCARDS NOW AVAILABLE!

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Expires after 90 days.

- 1-hour Line Dancing \$40
 - 2-hour Line Dancing \$60
- Includes 10 classes good for 90 days.

