

# **SIXTY FORWARD FREE DROP-IN CLASSES**

We will be offering **FREE** drop-in fitness classes at Sixty Forward, October 28-November 8. Registration is required. You may register for these classes online at <https://webtrac.cityofames.org/wbwsc/webtrac.wsc/search.html?module=AR&TYPE=AFSIX> or by calling the Community Center at 515-239-5350. Class sizes are limited to 15.

**Monday, October 28**  
10:15 am – Zumba Gold

**Tuesday, October 29**  
9:00 am – Balance, Strength & Stretch

1:00 pm – Chair Yoga

4:30 pm – Yoga Low & Slow

**Wednesday, October 30**  
9:15 am – Balance, Strength & Stretch

12:00 pm – Seated Strength & Stretch

1:15 pm – Cardio & Strength

**Thursday, October 31**  
10:00 am – Yoga

**Friday, November 1**  
11:00 am – Gentle Yoga

**Tuesday, November 5**  
9:00 am – Balance, Strength & Stretch

1:00 pm – Chair Yoga

4:30 pm – Yoga Low & Slow

**Wednesday, November 6**  
9:15 am – Balance, Strength & Stretch

12:00 pm – Seated Strength & Stretch

1:15 pm – Cardio & Strength

**Thursday, November 7**  
10:00 am – Yoga

4:30 pm – Dance Fusion

**Friday, November 8**  
11:00 am – Gentle Yoga

**BALANCE, STRENGTH, & STRETCH:** This unique class will work on balance exercises, strength work, and flexibility.

**CARDIO & STRENGTH FUSION:** Strength, cardio and yoga are all fused together to make an incredible workout.

**CHAIR YOGA:** A safe, gentle form of Yoga designed for those who have difficulty getting to the floor.

**DANCE FUSION:** Geared to those 60+ who want a fun workout dancing to music from the 60's to today. Light weights will be integrated into the choreography to get a full-body workout.

**GENTLE YOGA:** Gentle Yoga invites you to increase your flexibility, strength, and well-being by exploring gentle movements that open and release the body.

**SEATED STRENGTH & STRENGTH:** Join us in this chair class, where dumbbells and tubes will be incorporated to help build strength & flexibility.

**YOGA:** This mind-body workout combines strengthening and stretching poses with deep breathing, meditation and relaxation. Learn Yoga postures (asanas), alignment and yogic breathing techniques. Students of all levels are welcome!

**YOGA LOW & SLOW:** This new Yoga class incorporates movements (SATYA) done low on the floor without force to increase somatic awareness. Class will end with restorative postures & meditations.

**ZUMBA GOLD:** Our Gold class is designed for the active, older adult or beginners to Zumba. Same great fun, exciting music, but easier to follow and taught at a lower intensity.

***THE SIXTY FORWARD FITNESS SESSION BEGINS NOVEMBER 11!***