

# "KEEPING UP WITH YOU" ACTIVITIES

For More Info Call 406-294-1588

*Ages 60 and Better!*



## SIT AND GET FIT

Sit and Get Fit uses different seated fitness programming which focuses on low impact exercises done from a chair. Instruction is focused on empowering all ages and stages to participate in safe and effective exercise.

Instructor: Jennifer Brown

Activity #	6547-A
Start Date	September 28, 2021
Time	Tuesday and Thursday; 12:30-1:00pm
# Sessions-16	9/28/21 – 12/2/21 No class 11/11 and 11/25
Fee	\$10 Resident/ \$20 Non-Resident
Location	Billings Community and Senior Center
How to Register	In person: 360 N 23rd St OR <a href="http://www.billingsparks.org">www.billingsparks.org</a>

## FITNESS BY DESIGN

For those new to fitness or those who would like to add some pizzazz to their fitness routine, this class offers a variety of workouts which are combined into one great series. Featuring strength training and aerobics, the instruction is tailored to fit the needs of aging adults by providing a social environment, improving strength and increasing flexibility.

Instructor: Bess Lovec

Activity #	6599-C
Start Date	October 18, 2021
Time	Monday and Wednesday; 9:30-10:15am
# Sessions-16	10/18/21-12/8/21
Fee	\$35 Resident/ \$45 Non-Resident
Location	Alliance-Billings Heights; 935 Lake Elmo Dr.
How to Register	In person: 360 N 23rd St OR <a href="http://www.billingsparks.org">www.billingsparks.org</a>

Face coverings are recommended when entering building for fitness and wellness classes. As a safety precaution, please do not arrive early.

## CHAIR YOGA

Achieve harmony as you relax and gain confidence from a seated position. Develop strength and balance as you slowly stretch muscles, improve circulation and reduce stress.

Instructor: Tania Stevens-Klein

Activity #	6512-E
Start Date	October 14, 2021
Time	Thursday: 1:00-1:45pm No class 11/11 and 11/25
# Sessions-8	10/14/21-12/16/21
Fee	\$25 Resident/ \$35 Non-Resident
Location	Alliance-Billings; 1505 Ave D
How to Register	In person: 360 N 23rd St OR <a href="http://www.billingsparks.org">www.billingsparks.org</a>

## GENTLE YOGA

Slow paced, relaxing practice that includes moving the limbs and torso in a comfortable way. Great for those new to yoga.

Instructor: Bess Lovec

Activity #	6517-C
Start Date	October 14, 2021
Time	Thursday; 1:00-1:45pm No class 11/11 and 11/25
# Sessions-8	10/14/21-12/16/21
Fee	\$25 Resident/ \$35 Non-Resident
Location	Alliance-Billings Heights; 935 Lake Elmo Dr.
How to Register	In person: 360 N 23rd St OR <a href="http://www.billingsparks.org">www.billingsparks.org</a>

Other KUYW Activities are postponed until further notice.