

Strength

Elder Circle Offerings:

To Contact Elder Circle: (218) 999-9233

- **Bone Builders**

- This is a no impact, non-aerobic fitness and exercise program designed specifically for older adults to build muscle strength and improve bone density, which has been shown to prevent, and in many cases reverse, the effects of osteoporosis.
 - This class is offered in many locations including Bigfork, Bowstring, Deer River, Grand Rapids, International Falls, Lawron, Nashwauk, Northhome, Pengilly, and Dora Lake.
 - Call Elder Circle to Register or for more information.
 - 218- 999-9233

YMCA Offerings:

To Contact the YMCA: (218) 327-1161

- **AOA TRX**

- This TRX class is specific for Active older adults and primary focus is on flexibility, mobility and a little strength.

- **SilverSneakers® Classic**

- Have a fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

- **Flexible Strength**

- This class works on strength, balance and flexibility. Great for seniors, beginners, and injury rehab members. This class uses a Chair.

Majestic Pines Offerings:

To Contact Majestic Pines: (218) 999-7776

- **Arthritis Foundation Exercise Program**

- This program is designed specifically for people with arthritis or related disease. The multiple components of this class can help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. (*Gentle*)

If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at www.getfititasca.org/contactus with the details!