

Exercise Class Descriptions

GENTLE MOVEMENT Exercise class that focuses on large motor skill improvement. Small hand weights are used for strength and stretches will assist with improving range of motion. Location: Memory Care CBRF. Duration: 30 mins.

Class Type: Memory Care

MORNING FIT Leverage exercise bands of varying tensions along with 1, 2 or 3 pound dumbbells. Class ends with a stretch sequence. Location: Fitness Room. Duration: 30 mins.

Class Type: Assisted/Attended

FUNCTIONALLY FIT This class is both seated and standing. In the seated portion of this class, exercise bands of varying tensions are used. Participants stand behind chair with dumbbells and various upper and lower body combinations are performed to increase strength and balance.

Location: Community Room. Duration: 30 mins.

Class Type: Independent

TAI CHI - Slow, gentle movements, focusing on posture with controlled breathing.

Location: Community Room. Duration: 30 mins.

Class Type: Independent

BALANCE This format focuses on exercises that strengthen the core muscles and utilizes movements that increase stability. Participants perform exercises both seated and standing using a soft ball and wooden dowel. Class ends with a stretch segment.

Location: Community Room or Fitness Room. Duration: 30 mins.

Class Type: Independent or Assisted/Attended

FUN FRIDAY This group meets every Friday. We alternate between an active game one week and the next week a mind game. Active game examples include bean bag toss and Velcro ball darts. Mind games include trivia, Pictionary, and other word games.

Location: Community Room. Duration: 60 mins.

Class Type: Independent

MIND/BODY FIT The first part of the class is physical exercise, and the second half of the class is mental exercise. Location: Fitness Room. Duration: 30 mins.

Class Type: Assisted/Attended

StrongBodies™ STRENGTH TRAINING - Structured, safe, and effective evidence-based strength-training program brought to you through the UW-Madison Extension with recovery/rest time included. Location: Fitness Center. Duration: 60 mins.

Class Type: Independent

Questions about classes?

See or call Hanalaura, Fitness Instructor at (262) 649-4824.

REGENCY BROOKFIELD FITNESS & WELLNESS CALENDAR

February 2025



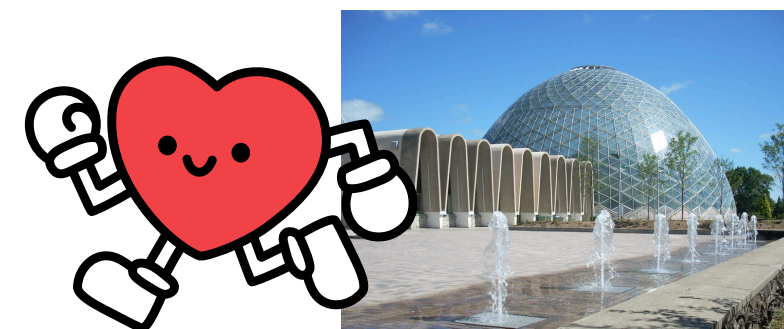
February is National Heart Month. Prioritize your ♥ health and combat heart disease by attending Fitness Classes all month long!

WEAR RED FRIDAY

An annual event put on by The American Heart Association to help raise awareness about heart disease.

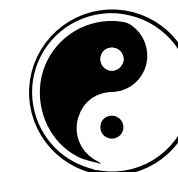
Support the cause by simply wearing **RED** on **Friday, Feb 7th.**

Let's "Walk the Domes"



On Wednesday, February 12th, at 1:30 PM, we will head to the Mitchell Park Domes for our Fitness Walk. During our stroll, we will also have the opportunity to explore the annual Train Show in the Show Dome. Please be aware that there will be a fee of either \$6 or \$9 for this event.

Tai Chi Time Change



Beginning in February, Tai Chi class will be held on Tuesday afternoons at **1:30 PM** in the Community Room.

We look forward to seeing everyone there!

KEY:

FR - Fitness Room (North)

MC - Memory Care (North)

FC - Fitness Center (South)

CM - Community Room (South)

SUNDAY

MONDAY

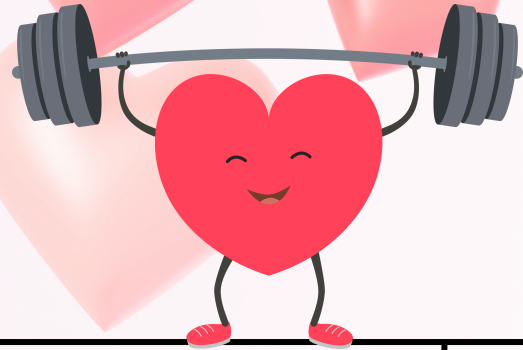
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Fitness Calendar February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	4 1:30 Tai Chi CM	5 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	6 1:00 Balance CM	7 WEAR RED FRIDAY 8:45 Gentle Movement 9:30 Mind/Body Fit FR 10:30 Fun Friday CM 12:00 Cardio Drum FC	8
9	10 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	11 1:30 Tai Chi CM	12 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Fitness Walk at The Domes \$\$ 2:30 Cardio Drum FR	13 1:00 Balance CM 3:30 Balance FR	14 NO FITNESS CLASSES	15
16	17 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	18 1:30 Tai Chi CM	19 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	20 1:00 Balance CM 3:30 Balance FR	21 8:45 Gentle Movement 9:30 Mind/Body Fit FR 10:30 Fun Friday CM 12:00 Cardio Drum FC	22
23	24 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 1:30 Functionally Fit CM 2:30 Cardio Drum FR	25 1:30 Tai Chi CM	26 8:45 Gentle Movement 9:30 Morning Fit FR 11:00 StrongBodies FC 2:30 Cardio Drum FR	27 1:00 Balance CM 3:30 Balance FR	28 8:45 Gentle Movement 9:30 Mind/Body Fit FR 10:30 Fun Friday CM 12:00 Cardio Drum FC	