

Summer 2021 | Adult & Senior Health & Wellness



The following yoga classes are taught by Tanis. She is certified as an experienced registered yoga teacher through Yoga Alliance holding Certificate of E-RYT500.

Classes will be held in the OTPR Community Room–
2795 Seymour Lake Rd.

Adults 18 & Over Min: 6 Max: 16

YOGA FOR HEALTHY BACKS

This class is specifically designed to encourage building strength and flexibility in the back and relieving tension in shoulders, hips, and neck. Help promote keeping your back supple... strengthen, tone, energize the body and calm the mind. All levels are welcome. Please bring a yoga mat and a long belt or yoga strap to class. No Class on June 1.

Time: 5:00 pm– 6:00 pm

Cost: \$64 (Oxford Residents Subtract \$10)

Day	Session 1	Session 2
Tuesdays	5/25– 7/6 Code: 6201	7/13– 8/17 Code: 6202

BASIC YOGA

Basic Yoga is designed to introduce basic yoga postures, promoting basic strength and flexibility throughout the whole body. Basic yoga practice will include breathing techniques, standing poses, seated and mat stretches, as well as introductory backbends and balancing poses. Please bring a yoga mat and a long belt or yoga strap to class.

Time: 10:00 am– 11:00 am

Cost: \$64 (Oxford Residents Subtract \$10)

Day	Session 1	Session 2
Wednesdays	5/26– 6/30 Code: 6203	7/14– 8/18 Code: 6204

CHAIR YOGA

Enjoy the benefits of Chair Yoga which is a gentle form of yoga where poses will be accessible to most everyone, as it is practiced sitting on a chair, or standing using a chair for support. Chair Yoga is designed to encourage improved flexibility, strength, circulation, dexterity, and balance throughout the whole body as well as breathing techniques to improve respiratory strength. Practicing yoga will help reduce anxiety and create spatial awareness allowing you to feel better.

Time: 11:15 am– 12:00 pm

Cost: \$58 (Oxford Residents Subtract \$10)

Day	Session 1	Session 2
Wednesdays	5/26– 6/30 Code: 6205	7/14– 8/18 Code: 6211



High Energy Fitness

The following classes are taught by
High Energy Fitness

Exercise is so good for your body and mind! Get fit, strong, and healthy with High Energy Fitness!

Participants will be able to workout with me in-person or on-demand! The virtual classes are about 30 minutes, but don't let that fool you. You will work! In-person classes are generally 60 minutes. Most classes are recorded and posted so you can workout when it's convenient for you. Minimal equipment needed. All fitness levels welcome.

For additional information and to get registered, please visit: www.facebook.com/HEF08

Where: 155 S. Washington St, Oxford. Park in back.

Cost: \$50 per month for all in-person & virtual classes

Daily Class Schedule:

- Mon/Wed/Fr/Sat classes are virtual
- Tuesday 7:00 pm Cycle Hybrid in-studio & virtual
- Thursday 7:00 pm Functional Interval Training (FIT) in-studio & virtual

CARDIO DRUMMING

Ages 14 & Over Min: 5 Max: 15

Looking for a fun, upbeat, calorie burning exercise that doesn't feel like exercise? Join me this Spring and Summer for Cardio Drumming! This enjoyable exercise brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever experience! Using the exercise ball and the floor as your drum and mixing in fun moves, cardio drumming is a workout you won't want to stop.

Equipment Needed: Pair of Drumsticks, Large exercise ball, and a 17 gallon bucket

If you'd like to purchase a set for \$25, please contact me by May 15th RevivalLifeCoaching@gmail.com

Session 1

Where: Seymour Lake Township Park– Hanson Pavilion

When: Tuesdays, May 25– June 22

Time: 6:30 pm– 7:30 pm

Cost: \$50 (Oxford Residents Subtract \$10)

Code: 6215

Session 2

Where: Seymour Lake Township Park– Hanson Pavilion

When: Tuesdays, July 13– August 10

Time: 6:30 pm– 7:30 pm

Cost: \$50 (Oxford Residents Subtract \$10)

Code: 6216

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WALK WITH EASE

Walk With Ease is designed for those with limited mobility but anyone looking to participate in a walking program is welcome. Walking with Ease can help reduce pain and improve your overall health. This program meets for one hour, twice a week for four weeks, you will have a self-led walk on Wednesdays. Social distancing will be practiced throughout the class.

Session 1

Where: Seymour Lake Township Park
When: Mondays & Fridays, June 14– July 5
Time: 8:30 am– 9:30 am
Cost: \$20 (Oxford Residents Subtract \$5)
Code: 8966

Session 2

Where: Centennial Park, Downtown Oxford
When: Mondays & Fridays, July 12– August 2
Time: 8:30 am– 9:30 am
Cost: \$20 (Oxford Residents Subtract \$5)
Code: 8967

A STROLL THROUGH SEYMOUR

Stroll in the Park Wednesdays

Get out and get fit, all while enjoying a relaxing stroll through Seymour Lake Township Park. It's a great way to enjoy the beauty of the park while getting some exercise and meet some new friends!

Where: Oxford Senior Center
When: Wednesdays, April 7– October 28
(Weather permitting)
Time: 9:00 am
Cost: FREE



TAI CHI FOR HEALTH

Min: 4 Max: 20

Cheryl Goodwin, Certified Instructor TCA, TCD. Tai Chi focuses on fluid, circular movements that are relaxed and slow in tempo. Medical research shows that practitioners of Tai Chi benefit from increased flexibility, muscle strength, deep breathing and mental concentration. The basics are easy to learn and for many continue as a life-long journey.

Where: OTPR Community Room
Cost: One day a week: \$35 (Oxford Res Sub \$5)
Two days a week: \$50 (Oxford Res Sub \$5)

Session 1:

When: Tuesdays, April 27– June 1
Time: 10:00 am– 11:00 am
Code: 8937

When: Thursdays, April 29– June 3
Time: 10:00 am– 11:00 am
Code: 8938

Combo offer! Enjoy class on Tuesdays & Thursdays!
Code: 8939

Session 2:

When: Tuesdays, July 13– August 17
Time: 10:00 am– 11:00 am
Code: 8940

When: Thursdays, July 15– August 19
Time: 10:00 am– 11:00 am
Code: 8941

Combo offer! Enjoy class on Tuesdays & Thursdays!
Code: 8942

We offer four easy ways to register:

Online: www.oxparkrec.org

By Phone: 248-628-1720

By fax: 248-628-1854

In Person: Parks & Recreation Office-
2795 Seymour Lake Rd, inside Seymour Lake
Township Park



SILVERSNEAKERS COMBO SENIORS (65+)

This class offers a gentle full body workout designed with the senior in mind. Incorporating warm up, cardio, strength, stretch and relaxation.

When: May 10– August 27
Where: Monday & Friday at Stony Lake Township Park, Brabb Pavilion
Wednesday at Centennial Park in downtown (Bring a lawn chair)
Time: 10:30 am– 11:15 am
Cost: \$4 drop in or FREE for Silversneakers members

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Summer 1 Session Begins May 10
Summer 2 Session Begins July 12

Designed for adults 18 & up.

Choose any other class to make up missed or cancelled classes. Classes are offered in-studio at HealthQuest Oxford (limited #) and virtually on Zoom! Recordings of class offered when you cannot make class time!

1 class/week (8 classes): \$84 (Oxford Res Sub \$10)
 Please use individual code listed below

2 classes/week (16 classes): \$145 (Oxford Res Sub \$10)
 To register for two classes/week, please use the following codes for each session:

Summer 1 Session: 6100 Summer 2 Session: 6115



Core Barre is a combination of Pilates, athletic conditioning and ballet barre work. The Core Barre theory focuses on small muscles to strengthen, lengthen and tone your body.

Day	Time	Summer 1	Summer 2
Tues	9:00 am– 10:00 am	6103	6118
Thurs	6:00 pm– 7:00 pm	6108	6123
Sat	9:00 am– 10:00 am	6111	6126



This mat class focuses on breath, core conditioning, and body awareness while creating a lean look with flatter abs! Props may be used such as the Pilates ring, stability balls and thera-bands to add challenge or assistance.

Day	Time	Summer 1	Summer 2
Mon	6:00 pm– 7:00 pm	6101	6116
Thurs	9:00 am– 10:00 am	6109	6124



CardioGROOVE

Discover your inner diva by getting lost in the music while melting the calories away! This class will get you moving to an awesome variety of upbeat music using simple dance steps that will leave you feeling exhilarated and refreshed. Laugh, sing, and burn a ton of calories! No dance experience necessary! *Weather permitting, Friday's class is held at Seymour Lake Park's Laidler Pavilion.

For more info email: cyndyandmichellefitness@gmail.com

Day	Time	Summer 1	Summer 2
Tues	6:00 pm– 7:00 pm	6104	6119
Fri*	10:00 am– 11:00 am	6110	6125



HealthQuest
 PHYSICAL THERAPY AND MEDICAL FITNESS

765 S. Lapeer Rd, Oxford, MI 48371

FREE pain or injury assessments, Functional Movement Screens (FMS), Personal and Small Group Training, Gym Memberships, Nutrition Coaching and more!

NEW MEMBERS: TRY A CLASS FOR FREE!

Visit www.HQPT.com/fitness

Questions? Email: cyndyandmichellefitness@gmail.com

TRX TRX FUSION

Suspension Training

combines the basic principles of the suspended TRX training system along with cardio intervals using various equipment such as stability and medicine balls, jump ropes and the bosu. A fun yet challenging class with an emphasis on strength, balance & core. This class is only held in-studio (not on Zoom). Limited # allowed.

Day	Time	Summer 1	Summer 2
Wed	6:00 pm– 7:00 pm	6107	6122



ALL LEVELS BOOT CAMP

An interval training class that is designed with modifications to challenge all fitness levels. Uses Tabata-style, TRX suspension, Kettlebell, bodyweight and various interval training to keep you progressing towards your fitness goals.

Day	Time	Summer 1	Summer 2
Mon	9:30 am– 10:15 am	6102	6117



CardioBlast

A fusion of athletic conditioning and strength-challenging movements for a total body workout set to heart pumping music to inspire and challenge your cardiovascular system. Class finishes with a deep stretch to restore oxygen, increase flexibility and make your hard work most effective, leaving you with a sense of accomplishment!

Day	Time	Summer 1	Summer 2
Wed	9:00 am– 10:00 am	6106	6121

EASY & CONVENIENT: Oxford Township Parks & Recreation offers online registration!

In order to register online, we need an email address on file. Never registered with us before? You're ready to set up an account today! If you've done programs with us before, log in using the email you used to set up your account. Visit www.oxparkrec.org to get started.

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PHYSICAL THERAPY AND MEDICAL FITNESS

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FREE pain or injury assessments, Functional Movement Screens (FMS), Personal and Small Group Training, Gym Memberships, Nutrition Coaching and more!

NEW MEMBERS: TRY A CLASS FOR FREE!

Visit www.HQPT.com/fitness

Questions? Email: cyndyandmichellefitness@gmail.com



Enjoy this fun dance fitness party just like Basic Zumba at a slower pace. Low impact moves for active older adults or anyone who prefers less intensity. The music and moves will leave you feeling fresh and invigorated! No dance experience necessary! *Weather permitting, class is held at Seymour Lake Township Park's Laidler Pavilion (all the way to the back).

For more info, email: cyndyandmichellefitness@gmail.com

Day	Time	Summer 1	Summer 2
Tues	10:30 am– 11:30 am	6105	6120



MELT METHOD Introduction Class

The MELT Method is a simple self-treatment technique that helps prevent pain, heal injury and erase the signs of aging! See how the MELT Hand & Foot Balls and the Soft Body Roller are used to reduce pain and decrease muscle tension, while improving posture and core strength.

Cost: \$20 (Oxford Residents Subtract \$10)

Day	Time	Code
Sat 5/15	10:00 am– 11:00 am	6112



MELT METHOD Hand & Foot Class

Over 4 weeks you will discover how to erase pain and tension in your hands and feet brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, planter fasciitis, and carpal tunnel syndrome. You will learn simple compression techniques on your hands and feet with small soft and hard balls. Sock or bare feet recommended. *Ball kits available for \$25 (not necessary for participation).

Cost: \$58 (Oxford Residents Subtract \$10)

Day	Time	Code
Sat 5/22	10:00 am– 11:00 am	6113

Join Dan Garr from HealthQuest for the following **FREE** one day sessions!
All classes held at Oxford Township Senior Center on Thursdays, 12:00 pm– 1:00 pm

Registration is requested. Minimum per class: 4

Aging with Ease:

Understand age-related conditions causing pain and functional limitations, outline basic nutritional strategies for our aging population and illustrate the benefits of physical activity using proper posture and body mechanics.

May 27 **Code: 8930**
August 26 **Code: 8933**

Osteoarthritis:

Understand what arthritis actually is, how to live with it and how to slow down the progression.

June 24 **Code: 8931**

Balance and Fall:

Review reasons why we lose our balance as we age and how to improve balance at home.

July 29 **Code: 8932**

LINE DANCING

Join this group and have fun! No experience is needed. What a great way to exercise and meet new friends! The group learns new dances and always practice the favorites.



Where: OTPR Senior Center

Time: Mondays at 10:00 am, Beginners

Wednesdays at 3:00 pm, Improver

****Note: May 26 will be 10:00 am– 11:30 am****

Cost: \$4 per person on site

TRAIL BLAZER

Oakland County Parks

Join us for a 1 mile hike and talk with an educational component. Park locations and topics will vary through Oakland County Parks. For more information or to register, call 248-221-8040. Practice 6 ft. social distancing,

Where: Oakland County Parks

When: Tuesdays, Memorial Day– Labor Day

Time: 7:00 pm

Register: (248) 221-8040

Cost: FREE, registration required