



# EAAA Annex Week at a Glance

MON	TUE	WED	THU	FRI
	Senior Strength 8-8:45am		Senior Strength 8-8:45am	
ENHANCE FITNESS® 8:45-9:45am	Senior Strength 9-9:45am	ENHANCE FITNESS® 8:45-9:45am	Senior Strength 9-9:45am	ENHANCE FITNESS® 8:45-9:45am
Functional Fitness & Wellness Class 10-10:45am	Tai Chi 2 10-10:45am	Functional Fitness & Wellness Class 10-10:45am	<b>Line Dancing</b>  Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Tai Chi 2 10-10:45am
Tai Chi 3 11-11:45am	<b>Living Well</b> Tuesdays 1-3:30pm Jan 10th - Mar 7th	Tai Chi 3 11-11:45am		Tai Chi 3 11-11:45am
<b>Mar. 27<sup>th</sup></b> Adult CPR & AED Training 12:30-4:30pm				
			<b>Falls Risk Assessments:</b> Thursday, March 9th 1-3pm by appt.	




**Active Connexions Group meets every Saturday at 8am at the Broadway Dysarts!**

REMINDER: Whenever Bangor Public Schools are closed or delayed due to inclement weather, Wellness Programs will not meet during the closed or delayed time. If you are unsure, please contact 941-2865 to learn if classes are cancelled. Please enter the Annex classroom thru the sliding doors in the mall. ALSO: we ask that you CARRY your exercise shoes with you to class if it is wet outside. New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



**Important Dates:**

- ✧ March 12th: Daylight Savings Begins
- ✧ March 17th: St. Patrick's Day
- ✧ March 20th: First day of Spring





Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet  
**drop-in for \$3 per class**  
**M/W/F 8:45-9:45am**

## Senior Strength

Using bodyweight, dumbbells, bands, and/or ankle weights to:

- Improve balance & coordination
- Build strength
- Reduce risk of falling



With Lori Diadone

**drop-in for \$3 per class**

**Tues & Thurs 8-8:45am  
& 9-9:45am**

## Heartsaver®



### Adult CPR & AED

Learn to save a life! Join us for the American Heart Association's Heartsaver Adult CPR & AED class for \$35. Add First Aid for \$30 more.

**Monday, March 27<sup>th</sup> 12:30-4:30**



## Tai Chi



Dr. Lam's Tai Chi for Arthritis will improve balance, concentration and coordination. We will warm-up, perform basic movements seated or standing, and cool down.

### Tai Chi 2

**6 weeks for \$35 or \$5 drop-in  
Tue & Fri at 10am**

### Tai Chi 3

**6 weeks for \$50 or \$5 drop-in  
M/W/F at 11am**

## Functional

## Fitness &



## Wellness Class

Join Michelle Spencer for strength, balance and flexibility class that includes core work, stretching.

**drop-in for \$3 per class**

**M&W 10am & Fri at 12pm**

## Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles, not just country!

With Chris Dispenzieri

**First hour is \$4.**

**Two hours for \$6**

**Thursdays:**

- 10am Beginner
- 11am Improver
- 12pm Intermediate



## FALLS RISK ASSESSMENTS

(FRA) Specially trained staff will determine your risk of falling by assessing your:

- Vision
- Reach
- Mobility

Receive a report to reduce your risk of falls! **FREE**

**Falls Risk Assessments:**  
Thursday,  
March 9th  
1-3pm by appt.

## PUNCHCARDS NOW AVAILABLE!

- 18 Fitness Classes for \$50
  - 12 Fitness Classes for \$35
- Expires after 90 days.

- 1-hour Line Dancing \$40
  - 2-hour Line Dancing \$60
- Includes 10 classes good for 90 days.