

# Tallahassee Senior Center Fitness Classes on WCOT

**Monday, Wednesday, Friday & Saturday at 9 am**

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.*

*To help you access quality senior fitness, WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting [Talgov.com/Seniors](http://Talgov.com/Seniors). Below are the classes that you can view.*

## **Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.

Brought to you in partnership with [Capital Health Plan](#).

## **Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

## **Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

Brought you in partnership with [AARP Tallahassee](#).

## **Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)

[#Senior](#) [#fitness](#) [#flexibility](#) [#Stretching](#) [#mobility](#) [#yoga](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

(1) WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) on TV - M/W/F/& SAT @ 9 a.m.

(2) On demand: [www.TallahasseeSeniorFoundation.org/on-demand-classes/](http://www.TallahasseeSeniorFoundation.org/on-demand-classes/)

(3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

*The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.*

*TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahasseeSeniorFoundation.org](http://www.tallahasseeSeniorFoundation.org) or mail your check to:*

*TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*

