

STAY FIT!

Live in-person classes are happening – indoors and outdoors, with virtual fitness classes also available.

1) WCOT TV – Talgov.com/WCOT Mon, Wed, Fri and Sat @ 9 am (Channel 13 on Comcast)

2) On-Demand www.tallahassee senior foundation.org/health-wellness

★ Brain-Body-Balance w/ Merisha ★ Mindful Movement w/ Lori Roberts ★ Gentle Yoga w/ Ferdouse ★ Stretch & Flex w/ Robin Perry

IN-PERSON FITNESS (TSC)

Class	Day	Time	Instructor	Location	Staff Contact
Brain-Body-Balance (Mostly seated for brain/body)	Mon	1:00 pm	Bridget	Auditorium	Ruth.Nickens@talgov.com
Life Exercise (Aerobic, balance, strength)	Tue/Thu	9:30 am	Lori	Auditorium	Ruth.Nickens@talgov.com
Mindful Movement (Mostly seated movement & music)	Tue Thu	11:00 am 12:00 pm	Lori	Auditorium	Ruth.Nickens@talgov.com Lisa.Baggett@talgov.com
Gentle Yoga (Chair and mat, gentle for all)	Tue	1:00 pm	Ferdouse	Act Rm	Ruth.Nickens@talgov.com
Evening Yoga	Wed	5:30 pm	Pam Hunter	Auditorium	Ruth.Nickens@talgov.com

IN-PERSON FITNESS (OUTREACH SITES)

Class	Day	Time	Instructor	Location	Staff contact
Brain-Body-Balance	Tue/Thu	9:00 am	Wendy/Ferdouse	Hartsfield Elem May 27-Aug 7	Beverly.Womble@talgov.com
Brain-Body-Balance	Tue Thu	10:45 am 10:30 am	Wendy	Southwood	Ruth.Nickens@talgov.com
Senior Fitness (pre-reg)	Tue/Fri	8:30 am	Ferdouse	NE Library	Lisa.Baggett@talgov.com
Senior Fitness (pre-reg)	Tue/Fri	9:30 am	Ferdouse	NE Library	Lisa.Baggett@talgov.com
Sr Fitness Beginner (pre-reg)	Tue/Fri	10:30 am	Llona	NE Library	Lisa.Baggett@talgov.com
Sr Fitness Advanced (pre-reg)	Tue/Fri	11:30 am	Llona	NE Library	Lisa.Baggett@talgov.com
Yoga for Women (pre-reg) Beginning Yoga	Mon Wed	1:30 pm 1:30 pm	Ferdouse	NE Library	Lisa.Baggett@talgov.com
Sit & Fit	Tue/Thu	9:30 am	Judy	Chaires	Lisa.Baggett@talgov.com
Sr Fitness	Mon/Wed/Fri	8:30 am	Judy	Chaires	Lisa.Baggett@talgov.com
Sr Fitness	Mon/Wed	10:30 am	Wendy	Ft. Braden	Lisa.Baggett@talgov.com
Brain-Body-Balance	Fri	10:30 am	Wendy	Ft. Braden	Lisa.Baggett@talgov.com
Beginner Yoga	Wed	2:00 pm	Lori	Lake Jackson	Lisa.Baggett@talgov.com
Sr Fitness	Tue/Thu	11:15 am	Judy	Miccosukee	Lisa.Baggett@talgov.com
Sr Fitness	Mon/Wed	9:30 am	Llona	Woodville	Lisa.Baggett@talgov.com

OUTDOOR FITNESS

Monthly Hiking	3 rd Wed	9:00 am	Volunteer	TBD	Ruth.Nickens@talgov.com
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Fitness classes are \$3 (\$5 for yoga), unless otherwise indicated. Discount fitness cards available to purchase. Classes are approx. 1 hour in length. For more information, email Ruth.Nickens@talgov.com or call (850) 891-4042