

Suggestions for low cost programs that may help improve strength, flexibility and balance

- Walking- on dry sidewalks, in nice weather. Get a walking buddy and wear comfortable supportive shoes- Free!
- Park four or five spots further from the door of the store than you have to- a little extra exercise can help! Free!

Shorewood Senior Resource Center

- Mondays from 10:15-11:00am—Qi Gong— (Just because you can't pronounce it doesn't mean you can't go!) Focus on reducing stress, improving balance, general coordination and lively awareness with relaxing, energizing and beautiful movements from several Tai Chi and Qi Gong systems. Ongoing class, may join at any time. Shorewood residents- \$5.00 per class, non-residents \$10.00/ class
- Tuesdays from 8:45- 9:45 am and again from 10:00- 11:00 am Gentle Yoga- no floor work! Improves balance and flexibility. Join at any time. Shorewood residents- \$5.00 per class, non-residents \$10.00/ class
- Wednesdays 3-3:45 pm –Zumba Gold—Exercise with friends! Join at any time. Shorewood residents- \$5.00 per class, non-residents \$10.00/ class
- Fridays 10:30-11:30 am—Gentle Yoga—at the Milwaukee Yoga Center located at 3514 N. Oakland Ave. Cost is \$10.00 per class, pay at the door.

Shorewood Recreation Department

- Tuesdays and Thursdays at 8:00 am—Senior Strength—At Shorewood High School- current class has a wait list. 9/6-10/27/16, Shorewood residents \$70.00, non-resident \$100.00
- Fridays at 10:00 am –Tai Chi—Shorewood High School
- Fridays at 10:00 am –Qi Gong—Shorewood High School
- Tuesdays and Thursdays 4:30 pm— Arthritis Exercise Program—Shorewood High School
- Various Yoga classes – Strength, Hatha, Vinyasa Flow

Nicolet Recreation Department

- Thursdays 11:15am-12:15pm—Therapeutic Yoga- Good Hope School
- Wednesdays 6:00-7:00 pm—Restorative Yoga –Good Hope School
- Tai Chi and Qigong- Beginning and Intermediate
- Water aerobics at Glen Hills pool and Nicolet High School pool- various levels and times