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## CLASSES AND SERVICES

### ORTHOPEDIC EXERCISE

This service acts as a trainer's role in conjunction with the clients' doctors. Well Seasoned & Fit's orthopedic exercises are designed to increase function, stability, mobility, and strength. Each interaction is client-centered and the selection of exercises are carefully considered to meet

### CARDIACFIT

An easy-to-follow moderate impact class that targets the upper and lower body, abdominal strength, and cardiovascular endurance. Cardiacfit targets active seniors that need to challenge their cardiovascular system. Varied functional movements performed at higher levels of intensity such as sitting to standing, brisk



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## STRENGTH & BALANCE

A class that increases muscle strength and improves everyday living. Balance exercises will also be implemented for fall prevention. A chair will be used for seated exercises, standing and balancing support, and for resting periods, as well as resistance tubes, hand weights, and small inflatable balls.

## COGNITIVE FITNESS

A class that combines physical exercise with cognitive challenges in a rich and fun sensorimotor environment. By incorporating auditory and visual movement patterns and numbers, not only will inhibition abilities and speed of process increase, but task- switching abilities will increase as well.

## AQUA FOR JOINTS

A low to medium impact water aerobics class that provides a total body workout of cardiovascular and muscle strengthening, while also taking the strain off the joints and increasing range of motion. Water weights, water noodles, and swim paddles will be used to help maximize the benefits of water exercises.

## STRETCH & FLEX

A stretching class aimed to target all major muscle groups and joints routinely used to increase flexibility, range of motion, improve circulation, promote better posture, and help prevent injury. Stretching exercises will be performed sitting in a chair and/or standing after a warm-up exercise, and breathing techniques while stretching will be demonstrated.

**...& MORE TO COME**



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**WELL SEASONED & FIT IS PROUD TO SERVE VETERANS IN ALL SERVICE OFFERINGS.**



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