



FELLOWSHIP SQUARE
HISTORIC MESA

SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

STAYING ACTIVE INDOORS WITH THE NU-STEP

One excellent option for indoor cardio exercise is the Nu-Step machine. This easy-to-use machine provides a low-impact workout that is gentle on the joints while helping improve strength, circulation, endurance, and overall fitness.

The Nu-Step allows users to move both the arms and legs in a smooth, comfortable motion. It is especially helpful for older adults because it reduces stress on the knees, hips, and back while still providing an effective cardiovascular workout. Participants can adjust the resistance and pace to match their comfort and fitness level.

We have three Nu-Step machines available in the Center Gym and one at the Grand site. Come in and use them to stay active, improve your cardio health, and keep moving safely during the summer months!

STAYING ACTIVE OUTDOORS

If you are walking outside, make sure to stay safe and watch for these signs of dehydration: dizziness, headache, dry mouth, fatigue, muscle cramps, dark urine, and confusion. Bring water with you, wear light clothing, and avoid outdoor activity during the hottest parts of the day.

JUNE HIGHLIGHTS

Brain Fitness

June 18 | 3:00 PM | CTR – CR Gym

Phoenix Art Museum

Wednesday, 6/10 | 9:30 AM – 2:00 PM

\$22 entry fee (cash, pre-pay by 6/05) CTR

A unique glimpse into the art, artists, and history you will discover in the galleries of Phoenix Art Museum.

Walking & Clinics

Fridays | 8:30 AM – CTR Gym

Full-body, joint-friendly walking that improves posture and gait.

4-Week Move more in June Challenge

June 1-30 | Stay active, healthy, and energized this June! Complete one activity each day to improve strength, balance, flexibility, and overall wellness. Return completed tracking sheet to Kat (Center Gym). (See flyer for details.)

Wellness Talk - Move outside, feel better

Thursday, 6/11 3:00 PM | CTR – CR Gym

- Heat, UV & Hydration Smart
- Dehydration Awareness
- Nature & Mental Wellness
- Walking Smarter Outdoors

PEGGY STIMSON SHARING HER WIN

What challenges was I facing before I began the exercise program?

Stiff joints and lack of endurance.

I feel much better in my movements. The pain in my joints has subsided. I have to say I am 90% better than when I started the exercise classes, thank you Kat for all the encouragement.

I am also walking twice as far now from when I started.

SHARE YOUR SUCCESS STORIES


How to Share? Write your story/Submit to Kat

Your success doesn't have to be big—every win counts!

JUNE WELLNESS/FIT CALENDAR INDEPENDENT

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 1 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi | 2 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5 | 3 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR) | 4 8:30 GCR class/TV 10:30 Functional Fitness 3:00 FITNESS VOLUNTEER TRAINING | 5 8:30 GCR class/TV 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Volleyball |
| 8 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi | 9 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5 | 10 8:30 GCR class/TV 9:00 Wii Bowling 9:30 Trip to Phoenix Art Museum 3:00 Paul GRP (AG) | 11 8:30 GCR class/TV 10:30 Functional Fitness 3:00 Wellness Talk Move outside and feel better | 12 8:30 GCR class/TV 9:00 Wii Bowling 8:30 Walking GRP 9:30 Water Fun Q1 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Fun Sports |
| 15 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi | 16 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5 | 17 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR) | 18 8:30 GCR class/TV 10:30 Functional Fitness 3:00 BRAIN FIT | 19 8:30 GCR class/TV 8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 12:30 Fun Sports |
| 22 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi | 23 8:30 GCR class/TV 9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe 3:00 Basketball | 24 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP 2:30 Chair Yoga with Kristen | 25 8:30 GCR class/TV 10:30 Exercise GRP | 26 8:30 GCR class/TV 9:00 Wii Bowling 10:30 Exercise GRP |
| 29 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP 11:45 Dance GRP | 30 8:30 GCR class/TV 10:30 Exercise GRP 3:00 Basketball | ● Mind-Body ● Sports ● Outing / Trip ● Educational |  FELLOWSHIP SQUARE HISTORIC MESA | |

JUNE WELLNESS/FIT CALENDAR OASIS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-----------|---|---|--|
| <p>1</p> <p>10:00 MC Yoga</p> <p>2:15 AL Yoga/Chi</p> | <p>2</p> | <p>3</p> <p>10:00 MC Zumba</p> | <p>4</p> <p>1:00 MC Fun Fit</p> <p>1:30 AL Sit & Fit</p> | <p>5</p> |
| <p>8</p> <p>10:00 MC Yoga</p> <p>2:15 AL Yoga/Chi</p> | <p>9</p> | <p>10</p> <p>9:30 Trip to Phoenix Art Museum \$22/Guided Tour</p> | <p>11</p> <p>1:00 MC Fun Fit</p> <p>1:30 AL Sit & Fit</p> | <p>12</p> |
| <p>15</p> <p>10:00 MC Yoga</p> <p>2:15 AL Yoga/Chi</p> | <p>16</p> | <p>17</p> <p>10:00 MC Zumba</p> | <p>18</p> <p>1:00 MC Fun Fit</p> <p>1:30 AL Sit & Fit</p> <p>2:00 BRAIN FIT</p> | <p>19</p> |
| <p>22</p> <p>10:00 MC Yoga</p> <p>2:15 AL Yoga/Chi</p> | <p>23</p> | <p>24</p> | <p>25</p> | <p>26</p> |
| <p>29</p> | <p>30</p> | | |  <p>FELLOWSHIP SQUARE HISTORIC MESA</p> |

WATER AEROBIC CLASSES

Enjoy fitness in the pool !



Q1 POOL

9:30 AM

**FRIDAY
JUNE 12**

Q5 POOL

10:00 AM

**MONDAY - FRIDAY
WITH TERESA P.**

Q5 POOL

4:30 PM

**TUESDAY
JUNE 2,9,16**

Join our Water Aerobic
Classes – a low-impact,
high-energy workout
perfect for all ages and
fitness levels!

MORE INFO: 480-290-7012

MOVE MORE IN JUNE

30-Day Active Aging Challenge

June 1-30 | Accomplish daily and be entered into a prize drawing!

- June 1 - Take a 10-minute walk
- June 2 - Drink 8 glasses of water
- June 3 - Stretch for 5 minutes
- June 4 - Practice balance exercises
- June 5 - Do seated marching for 3 minutes
- June 6 - Try deep breathing exercises
- June 7 - Dance to your favorite song
- June 8 - Complete 10 chair stands
- June 9 - Walk with a friend
- June 10 - Practice posture exercises
- June 11 - Do arm circles and shoulder rolls
- June 12 - Spend time outdoors
- June 13 - Do light resistance band exercises
- June 14 - Try a new healthy snack
- June 15 - Practice heel-to-toe walking
- June 16 - Try water class
- June 17 - Do seated yoga stretches
- June 18 - Attend a fitness class
- June 19 - Practice memory games
- June 20 - Do gentle leg lifts
- June 21 - Walk around your community
- June 22 - Stretch your neck and shoulders
- June 23 - Practice sit-to-stand exercises
- June 24 - Try a relaxation activity
- June 25 - Try a relaxation activity
- June 26 - Share a healthy tip with a friend
- June 27 - Take a nature walk
- June 28 - Practice coordination exercises
- June 29 - Do your cardio
- June 30 - Celebrate your progress!

