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Fitness for Older Adults

ReadyHab® This class is designed for individuals just beginning an exercise program. Members often begin with this class and then add or move on to other classes under the advice of a physical therapist. This is a well-balanced class! It contains all the necessary components of wellness exercise: low impact aerobics, balance, strengthening, and flexibility.

TheHab® This class is ideal for individuals who use a walker or a cane for balance and stability or for anyone with a history of falling or anyone who needs assist to get up from a chair. Dynamic standing balance exercises and functional strengthening instruction in standing occur with constant hands on assistance of the therapy staff for safety. The class is a fun combination of functional strengthening and balance exercises with weights, bands, and balance disc. Exercises are performed at the balance bar and sitting in the chair with assistance.

StrengthHab® This class is good for a variety of individuals, including those that use a walker or a cane. It is also ideal for those who wish to prevent falls and increase functional strength and mobility. All of the exercises in this class are purposeful in that they are designed to help participants in their day-to-day lives. Emphasis is placed on posture and movements to help increase balance and walking ability.

PowerHab® This very fun and innovative class includes functional lower extremity strengthening throughout the entire aerobics section! Participants will get their functional leg strengthening while getting the heart rate up with aerobics! It is an efficient way to exercise, good for cross training. The wonderful thing about this class is the fact it can be easily modified to meet different functional levels.

YogaHab® YogaHab differs from traditional yoga or yoga therapy because it is delivered by licensed physical therapist. Adaptive Yoga sequences are combined with physical therapy theory, principles and treatment to achieve the physical therapy goals of enhancing strength, flexibility, balance, coordination, motor control, kinesthetic senses, and improved posture. The poses that are included are modified and adapted to be safe for seniors managing chronic conditions. YogaHab is a medically targeted program and it is a very good workout challenging functional strength, posture, ease of movement and balance. YogaHab differs from restorative Yoga which is more meditative, relaxing and still.

CoreHab® This class contains a unique blend of physical therapy spinal stabilization exercises, Pilates, pelvic floor strengthening, and yoga. The exercises utilized in this class are performed regularly in physical therapy sessions for patients with back pain. By providing them in a group setting, participants are able to strengthen their back, core, and pelvic floor muscles in order to reduce back pain and muscles in order to reduce back pain and improve balance, posture, and overall ability to move and feel better. Strengthening of the pelvic floor will also help to manage incontinence. This class is perfect for those who wish to strengthen their core muscles to support the spine or for those who already have some back pain.

Parkinson's Fitness This class is designed to target and improve issues that people living with Parkinson's experience. Research indicates that "Exercise is Medicine" in decreasing symptoms and slowing physical decline. In this Physical Therapist designed class you will work on improving endurance, increasing flexibility, improving coordination while incorporating aspects of voice and thinking skills.