

# Healthy Options Program - Seniors (H.O.P.S.)

No cost workshops designed to help you get in shape and stay there!

For 55+!

## Fall/Early Winter 2019 Schedule

- **Back to Basics: With Ed Wentzell (VETERANS ONLY)**  
American Legion, Post 15, Elkton, MD  
Fridays, September 6-October 11, 2019  
Sign-up starts Aug. 6  
1:30 pm—2:30 pm
- **Zumba GOLD: With Tina Banks**  
Elkton UMC, 219 E. Main St., Elkton, MD  
Mondays, September 16-November 4, 2019  
(No classes 10/14, 10/21)  
Sign-up starts Aug. 16  
1:30 pm—2:30 pm
- **Zumba in the Chair: With Mary Briggs (Just Added)**  
Elkton Center, 200 Chesapeake Blvd., Elkton, MD  
Mondays, September 16-October 28, 2019  
(No class 10/14)  
Sign-up starts Aug. 16  
10:00 am—11:00 am
- **Senior Strength Training: With Connie Hewitt (Just Added)**  
Rising Sun Comm Center, 17 Wilson Rd., Rising Sun, MD  
Wednesdays, October 2-November 6, 2019  
Sign-up starts Sept. 2  
9:30 am—10:30 am
- **S.A.I.L. (Stay Active and Independent for Life): With Cathryn Harjung**  
Elkton Parks & Rec, 219 North Street, Elkton, MD  
Mondays/Thursdays, October 7-November 21, 2019  
Sign-up starts Sept. 7  
9:30 am—10:30 am
- **SHiNE™: With Heike Button**  
Wright's AME Church, 125 Booth Street, Elkton, MD  
Tuesdays, October 29—December 3, 2019  
(No class 11/19) (5 WEEK CLASS)  
Sign-up starts Sept. 24  
1:30 pm—2:30 pm
- **Pilates: With Deanie Padham**  
Sinking Springs Farm, 843 Elk Forest Rd, Elkton, MD  
Wednesdays, October 23—November 27, 2019  
Sign-up starts Sept. 23  
1:30 pm—2:30 pm
- **Line Dancing: With Shirley Mackey**  
RS Community Center, 17 Wilson Rd, Rising Sun, MD  
Tuesdays, October 29—December 3, 2019  
Sign-up starts Sept. 29  
11:00 am—12:00 pm
- **Yoga: With Shay Robb**  
Sinking Springs Farm, 843 Elk Forest Rd, Elkton, MD  
Thursdays, October 31-December 12, 2019  
(no class 11/28)  
Sign-up starts Sept. 30  
1:30 pm—2:30 pm

Please note: Inclement weather policy follows Cecil County Public Schools. If CCPS is LATE OR CANCELLED, classes will not be held. We will do our best to contact you via phone or e-mail.

**Class size is limited! Please register by contacting:  
Judi Brubaker at 410-996-8177 or [jbrubaker@ccgov.org](mailto:jbrubaker@ccgov.org)**

Sponsored by Cecil County Department of Community Services and funded by a grant from the Maryland Department of Aging



Print Date: 08/29/2019

No cost workshops designed to help you get in shape and stay there!

**For 55+!**

## H.O.P.S. CLASS DESCRIPTIONS

- **BACK TO BASICS:**

A total body movement class incorporating flexibility, strength, cardio and balance. Utilizing skills learned in the military, martial arts, boxing and more. The program will focus on moving well and moving often. **This program is designed by a veteran for veterans!**

- **LINE DANCING:**

Line Dancing offers a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

- **MUAY THAI FITNESS:**

Muay Thai is the national sport of Thailand, also known as Thai Boxing. Practitioners of Muay Thai are incredibly fit and develop strong, athletic bodies. Although there is no contact, Muay Thai is known as "The Art of 8 Limbs".

- **PILATES:**

Pilates uses controlled movements to build strength, flexibility and endurance. Pull out your gym

- **S.A.I.L. (STAY ACTIVE & INDEPENDENT FOR LIFE):**

SAIL is an Evidence Based Program with a strength, balance and fitness component. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL is offered 2 times a week in a one hour class. All SAIL exercises can be done

- **SHiNE™:**

SHiNE™ is a dance fitness class rooted in traditional dance such as JAZZ, HiP HOP, and BALLET. We take those foundational moves and follow dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you to keep moving and do less thinking.

- **Senior Strength Training:**

Senior Strength Training starts with 10 minutes of warm-up exercises, 30 minutes of strength with/without weights, 10 minutes of cool down and finishes up with 10 minutes of stretching.

- **Tai Chi:**

Tai Chi is a gentle form of exercise; the motions are slow and controlled. Tai Chi reduces stress and produces mental calm, while deep breathing and standing

- **Yoga:**

Yoga relaxes the body and renews the spirit! Gently increases flexibility, strengthens the body and improves balance. Chair or floor (your choice). Wear comfortable clothes.

- **Zumba Gold & Zumba in the Chair**

Zumba Gold & Zumba in the Chair are a great way to get in shape and have fun in the