

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

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

For 55+!

Winter/Spring 2020 Schedule

- **Zumba GOLD: With Tina Banks**
Elkton Parks & Recreation, 219 North Street, Elkton, MD
Mondays, November 18—December 16, 2019
(5 week class)
Registration OPEN
1:30 pm—2:30 pm
- **Alleviating Depression through the Holidays—Dr. Ziccardi**
Perryville Public Library, 500 Coudon Blvd., Perryville, MD
Wednesday, December 18, 2019
Lunch & Learn
Registration OPEN
11:00 am—1:00 pm
- **SAIL: With Cathryn Harjung**
Rising Sun Community Center, 17 Wilson Rd, Rising Sun, MD
Tuesdays/Thursdays, January 7—February 13, 2020
Sign-up starts Dec. 7
9:30 am—10:30 am
- **Zumba GOLD: With Mary Briggs**
Rising Sun Community Center, 17 Wilson Rd, Rising Sun, MD
Thursdays, January 9—February 13, 2020
Sign-up starts Dec. 9
11:15 am—12:15 pm
- **SAIL: With Deanie Padham**
Elkton Parks & Recreation, 219 North Street, Elkton, MD
Mondays/Wednesdays, January 13—March 2, 2020
No class 01/20, 02/05, 02/17
Sign-up starts Dec. 13
10:15 am—11:15 am
- **Senior Strength Training: With Connie Hewitt**
Elkton Parks & Recreation, 219 North Street, Elkton, MD
Wednesdays, January 15—February 26, 2020
No class 02/05
Sign-up starts Dec. 15
12:00 pm—1:00 pm
- **Line Dancing: With Shirley Mackey**
Elkton Parks & Rec, 219 North Street, Elkton, MD
Mondays, January 27—March 9, 2020
No class 02/17
Sign-up Starts Dec. 27
12:00 pm—1:00 pm
- **Pilates: With Deanie Padham**
Sinking Springs Herb Farm, 843 Elk Forest Rd, Elkton, MD
Wednesdays, March 4—April 8, 2020
Sign-up starts Feb. 4
1:30 pm—2:30 pm
- **Yoga: With Shay Robb**
Sinking Springs Herb Farm, 843 Elk Forest Rd, Elkton, MD
Thursdays, March 5—April 9, 2019
Sign-up Starts Feb. 5
2:00 pm—3:00 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



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

Print Date: 11/12/2019

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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 Tai is known as "The Art of 8 Limbs".

- **PILATES:**

Pilates uses controlled movements to build strength, flexibility and endurance. Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core.

- **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 standing or sitting.

- **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 meditation focuses consciousness, and restores energy and physical balance.

- **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 process!