

Independent Living Class Schedule



Monday, Wednesday, and Friday
10:00am-10:30am

Better Balance

Join us as we improve our balance through use of exercise bands, seated and standing exercises and a short self-paced walk! Class ends with a cool down and stretching to get you ready for the rest of your day.

Tuesday, Thursday and Saturday
9:00am-9:30am

Chair Yoga and Stretching

Join us for this chair based class focusing on balance, range of motion and flexibility. Class incorporates seated yoga poses, stretches and standing exercises. We do not use a mat on the floor for this class. If you want to improve your balance or feel relief from stiff muscles and joints, then this class is perfect for you!

Wednesday

3:30-4:00pm @ The Embassy

Tuesday and Thursday
10:00am-10:30am

Healthy Hands and Joints

This class is ideal for those who have arthritis. We focus on reducing stiffness through a variety of hand exercises, gentle seated range of motion exercises, and easy strength exercises.

Monday and Friday
3:00pm-3:30pm @ Asbury Heights

FIT for Life

This class focuses on strengthening your whole body using exercise bands, weights and much more! The exercises used in this class target functional movements we use every day...like getting up from a chair and reaching for items in the kitchen.

Monday, Wednesday, and Friday
9:00am-9:30am @ The Embassy

Tuesday
10:30am-11:00am

Tone Up Tuesdays

A new Circuit style group class! Stations will be set up with a variety of exercises to get you moving from head to toe. Weights, exercise bands, balls, balance bars and more will be incorporated into this class.

Tuesday and Thursday
3:00pm-4:00pm

Wii Games

Bowling, Tennis and more!

*****All classes at Asbury Heights take place in the Fitness Suite, Room 3302*****
Please call (412) 571-5109 with Questions or stop in and ask for Melanie or Courtney!