

APRIL 2012 ~ WELLNESS & FITNESS CALENDAR ~ THE POINT

Classes & Offerings in Detail Below ~ Point Membership details are on the other side.

Advanced Chair Exercise Class (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

This class focuses on aerobic and strengthening exercises done both seated and standing. Fitness bands and hand weights are used (provided).

Balance Training Class (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

Balance is a complex and multidimensional human skill. Yet, unlike many effects of aging, balance can be improved with training. This class offers you the opportunity to train new muscles, to experience drills, and to be proactive in your whole body wellness program.

Fitness Equipment & Gym Orientation (Residents: No Charge / Point Members: No Charge / All Others: N/A)

This orientation is exclusive to Residents and Point Members. Completion of this orientation is required prior to attending Supervised Gym Workouts and before using the fitness equipment.

Gentle Chair Exercise Class (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

Experience a gentle version of the Advanced Chair Exercise Class. This class offers the opportunity to improve your range of motion. Also, exercises are done (mostly) in a seated position. Fitness bands and hand weights are often used and are provided for you at no additional charge.



Personal Training Sessions

Residents and Point Members:

\$30 for 30 minutes / \$55 for 60 minutes / Pre-paid package options: 6-30 mins. sessions for \$168 (save \$12) or 6-60 mins. sessions for \$312 (save \$18)

All Others: \$35 for 30 minutes or \$60 for 60 minutes.

Please call 469-828-3473 to schedule an appointment. Appointments are required and flexible times offered. Led by Jerome Lewis, C. C. Young's Wellness Coordinator & Certified Personal Trainer. When you schedule Personal Training Sessions you will be investing in your health and well-being. You will receive an assessment, one-on-one guidance, and learn proper form. Other benefits include: improving overall fitness, strength, flexibility, and endurance. Jerome will provide encouragement and a bit of fun, too! Now accepting debit & credit cards (Visa/MC/AE).

Senior Fitness Testing (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

Appointments (1/2 hr.) are required. Please call 469-828-3473 to make your appointment.

Test your fitness with the assessments designed to evaluate your upper and lower body strength, aerobic endurance, flexibility, agility, and balance. Within a few weeks you will receive your results, how to interpret test results, and a suggested fitness plan created just for you!

Strength Building Class (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

The 8-week session will focus on building strength for your major muscle groups including upper, lower, and core. See other side for Session Dates.

Supervised Gym Workouts (Residents: No Charge / Point Members: No Charge / All Others: N/A)

A Certified Personal Trainer will be in the Fitness Equipment Room and available to answer your exercise questions. A Fitness Equipment & Gym Orientation is required prior to attending these scheduled workouts.

Tai Chi (Qi-Gong) Class (Residents: No Charge* / Point Members: \$8 per class** / All Others: \$10 per class**)

Qi-Gong (pronounced chee-gung) promotes the flow of internal energy in a gentle fashion. The practice aligns breath, movement, and awareness for exercise, healing, and meditation. All levels and abilities are welcome. *No charge for Residents, but the suggested donation is \$5-\$8 per class. No obligation and no Resident will be turned away. **Ask about multi-class card discounts.

Walking: Indoors (Residents: No Charge / Point Members: No Charge / All Others: No Charge)

Class will start in The Lobby of The Point. Be prepared to walk to the Asbury Building to do the majority of the walk and possibly to the Julian Thomas Center (JTC) Building. Please layer your clothing for your maximum comfort.

Yoga Classes:

Gentle/Therapeutic ~ chair (Residents: No Charge / Point Members: No Charge / All Others: \$5 per class)

Emphasis on breathing and listening to one's own body. All levels of mobility welcome.

Silver ~ floor (Residents: No Charge / Point Members: No Charge / All Others: \$5 per class)

Enjoy this authentic floor yoga class which encourages peace, tranquility, and relaxation for your mind and body.

APRIL 2012 WELLNESS & FITNESS CALENDAR

the
Point
Center for Arts and Education



- The Point is located on the campus of C. C. Young and open to the public. See below for hours.
- Charges are indicated where applicable.

C. C. Young 
Where the Spirit is Ageless®



4847 W. Lawther Drive, Dallas, TX 75214

214-841-2831 or 2834

www.ccyoung.org

C. C. Young is a 501(c)(3) nonprofit organization.

FREE Wi-Fi ~ Details in The Café or Lobby!

The Café at The Point ~ Now with more variety!!

Mon-Fri: 7 am-6 pm

Sat-Sun: 7 am-3 pm

The Point is Open Daily ~ 6 am-8 pm

Includes Art Gallery, Dr. Don R. Benton Meditation

Chapel, Library/Resource Room, and

Dr. Ken Cooper Fitness Center. ●

●Point Membership Required—See Inside for Details.

APRIL 2012 CALENDAR OF WELLNESS & FITNESS EVENTS

All classes conducted in The Point's Dr. Ken Cooper Fitness Center unless otherwise noted.



- See other side for detailed information on the classes, programs, events, and prices (if applicable) listed below.
- **PERSONAL TRAINING and SENIOR FITNESS TESTING: Now available by appointment (see other side).**
- For additional information please call 214-841-2831 or visit www.ccyoung.org.



MONDAYS

8:30-9:00 am
Advanced Chair Exercises

10:30-11:00 am
Balance Training

1:00-3:00 pm
Wii™ Bowling Practice Time
(4/9 in 2nd Floor Lawther Point East Building)
See Jerome Lewis or Tez Williams for details on Wii™ bowling.

1:30-2:30 pm
Fitness Equipment & Gym Orientation for Residents and Point Members (only).

3:00-3:30 pm
Gentle Chair Exercises

TUESDAYS

8:30-9:00 am
Advanced Chair Exercises

9:00-10:00 am
Yoga: Silver (floor)

10:00-11:30 am
Walking: Indoors (all levels)

10:00-11:00 am
Yoga: Gentle/Therapeutic (chair)

10:00 am-12:00 pm
Senior Fitness Testing
An appointment is required. See other side for details.

2:00-3:00 pm
Supervised Gym Workouts for Residents and Point Members (only).

3:00-3:30 pm
Gentle Chair Exercises

5:00-6:00 pm
Tai Chi (Qi-Gong) Class

WEDNESDAYS

8:30-9:00 am
Advanced Chair Exercises

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★ **10:00am-12:00 pm** ★
★ Wii™ Bowling ★
★ Tournament Game ★
★ (4/11 & 4/18 in 2nd ★
★ Floor Lawther Point ★
★ East Building) ★
★ **Come and cheer for** ★
★ **C. C. Young's Virtual** ★
★ **Wii™ Bowling Team:** ★
★ **The Young Strikers** ★
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1:30-2:00 pm
Balance Training

3:00-3:30 pm
Gentle Chair Exercises

THURSDAYS

8:30-9:00 am
Advanced Chair Exercises
(4/19 in 2nd Floor Lawther Point East Building)

10:00-10:30 am
Strength Building Class
8-week session: March 22 - May 10.
(4/19 in 2nd Floor Lawther Point East Building)

10:30-11:30 am
Walking: Indoors (all levels)

11:00 am-12:00 pm
Senior Fitness Testing
An appointment is required. See other side for details.

1:00-2:00 pm
Supervised Gym Workouts for Residents and Point Members (only).

3:00-3:30 pm
Gentle Chair Exercises
(4/19 in 2nd Floor Lawther Point East Building)

5:00-6:00 pm
Tai Chi (Qi-Gong) Class
(4/12 & 4/19 in Point Auditorium)

FRIDAYS

8:30-9:00 am
Advanced Chair Exercises
(4/13 in 2nd Floor Lawther Point East Building)

10:00-10:30 am (4/6 only)
Wellness Learning Lecture
Topic:
Occupational Therapy

9:00-10:00 am
Yoga: Silver (floor)
(4/13 in 2nd Floor Lawther Point East Building)

SATURDAYS/ SUNDAYS

No classes at this time.

**ON CAMPUS
MASSAGE THERAPY
CALL TODAY
469-682-6320**

**For your massage given by:
Heather Evans
Contract Massage Therapist**

\$40/30 mins* or
\$60/60 mins*



**Residents & Point Members: Take \$10 off!*



THE POINT'S 12-MONTH MEMBERSHIPS

Please call for full details: 214-841-2831

Who can join The Point?

- Non-residents (55 and better)

What are some of the benefits?

- Receive \$10 off of each massage by Heather Evans in C. C. Young's Annie L. Stevens Center for Wellness and Renewal.
- Use of the fitness equipment in The Point's Dr. Ken Cooper Fitness Center ~ now with 3 treadmills!
- Use of the equipment daily: 6 am—8 pm
- Discounts off of Wellness & Fitness classes and other classes offered at The Point such as SeniorNet computer classes.

What is the cost per person?

- \$150 for 12-month membership. While full payment is due at sign-up, it translates into just \$12.50 a month. You will get much more than we can list here! Now accepting: Debit & Credit Cards (Visa, MC, AE).