



Enjoy Wyndemere's brand new fitness center by Taking advantage a fitness class.

Call (630) 690-6662 to register for a class

Tai Chi

Tai Chi is suitable for everyone; participants may choose to sit or stand as needed. You can expect to improve balance, build strength and flexibility, boost your immune system, reduce stress and much more!

When: Mondays at 12:30pm
Wednesdays at 9:15am

Where: Anderson Auditorium

Exercise for Mental Muscle

Using physical exercise we can stimulate the brain to learn and grow new brain cells. Expect to improve memory and make learning easier and more fun!

When: 1st Monday of every month at 1:45pm

Where: Anderson Auditorium

Mindful Stress Reduction

Be guided through techniques designed to relax body and mind. Focusing each week on a different theme this class can help reduce stress and aid relaxation.

When: January 9th and 23rd at 1:45pm

Where: Anderson Auditorium

Chinese Health Balls

Reduce your risk of carpal tunnel, tendonitis, arthritis, rheumatism, dementia and Alzheimer's, reduce stress and prolong life. They are mentally stimulating and deeply relaxing.

When: 3rd Monday of the month at 1:30pm

Where: Wyndemere Exercise Room



Fit for Life

Try this workout to lively music in a non-intimidating environment. Come join us for an hour of fun aerobic exercise and strength training using weights and bands that will strengthen your muscles, improve your endurance and increase flexibility.

When: Tuesdays and Thursdays at 8:00am and 9:00am
Fridays at 8:30am

Where: Wyndemere Exercise Room

Sit n Fit

Great music, fun props, good exercise! Workout includes easy to follow moves and the class can be modified to fit everyone's needs. Come treat yourself to an aerobic workout while sitting in a chair. Can't be done? Stop by and see. This class emphasizes cardiovascular endurance, stretching and strength development.

When: Tuesdays and Thursdays at 10:00am
Wednesdays at 1:30pm

Where: Wyndemere Exercise Room

FUNctional Fitness

Maintain movement and restore lost flexibility through stretching and resistance movements done in a sitting position.

When: Mondays, Wednesdays and Fridays at 10:30am

Where: Wyndemere Exercise Room

Yoga for You!

Come see what it is all about! Learn breathing techniques and increase your flexibility. Stand up, sit in a chair, the choice is yours.

When: Wednesdays and Fridays at 8:00am

Where: Anderson Auditorium

Balance for Life

Stretch and strengthen the correct muscles to improve posture, balance and gait. Providing individuals with Parkinson's, movement disorders, and any other physical challenges a beneficial exercise program.

When: Fridays at 9:30am

Where: Wyndemere Exercise Room (next to Fitness Center)

