

# You Can Do It! LLC

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## Class Descriptions

We offer a variety of group classes and one-on-one sessions. These give you time to honor yourself, nurture yourself, and give your body the extra boost it so deeply wants and needs.

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## Osteo Boost

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### Chair Osteo Stretch

**This class is offered year round.** It is a chair-based strengthening class to build strength, mobility and confidence.

- This ½-hour class meets 3 times a week
- Days: Tuesday, Thursday, and Friday
- Time: 10 AM to 10:30 AM
- Location: Mountain Meadows in Ashland, Oregon
- Objectives:
  - Build stronger bones
  - Strengthen lower body, upper body and core
  - Develop balance
  - Help make joints limber
- Requirements:
  - 50 years old and older with a sincere concern about bone density and the desire to become stronger
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

## Building Bones Step by Step

**This class is offered each Winter, Spring, and Fall.** It guides you through exercises that build strength, balance, confidence, and increased bone density.

- This 55-minute class meets 3 times a week:
  - Days: Monday, Wednesday, Friday
  - Time: 8 AM to 8:55 AM
  - Location: The Grove in Ashland, Oregon
- Objectives:
  - Build stronger bones
  - Strengthen lower body, upper body and core
  - Develop balance
  - Help make joints limber
- Requirements:
  - None – just a sincere concern about bone density and the desire to become stronger ... and don't forget to bring water and a towel.
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

## Nordic Walking

### Nordic Walking

**This class is offered on an as-needed basis through the Ashland Parks & Recreation Department. I also teach one-on one sessions to those interested.** The schedule varies by season to bring the Nordic Walkers together and to help those who find it difficult to fit exercise into their busy schedules. It is for anyone who wants to burn more calories while walking, reduce stress to the knees and lower back, strengthen the upper body, and reduce heel strike.

- The 1-hour beginning class and 1-1/2 hour intermediate class each meet one time each week when they are in session:
  - Days: To be announced – varies from season to season
  - Time: To be announced - this varies from season to season
  - Location: To be announced
  - **Note:** See this month's schedule for current dates, times, and locations.
- Objectives:
  - Increase movement
  - Improve posture
  - Assist in weight loss
  - Increase stability
- Requirements:
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

## Stretching and More

### Yoga for Seniors

**This class is offered year round.** Our unique stretching class brings breathing, laughter, and mindfulness back into your life. It is for seniors who want to increase flexibility, balance, and strength ... and do some relaxing and unwinding. The class consists of: meditation, warm up, floor stretches, standing poses for strength and balance), and cool down with a resting pose.

- This 1-hour beginning yoga class for seniors meets two times a week
  - Days: Thursday
  - Time: 11:30 AM to 12:30 PM
  - Location: Baxter Fitness Solutions
- Class format:
  - Meditation
  - Warm up
  - Standing and seated stretches
  - Balance poses
  - Floor stretches
  - Resting pose (recover and receive the benefits from what you have done)
- Prerequisites: 50 years of age or older

### Floor Stretch

**This class is offered year round.** It is for anyone who needs some gentle stretching to reduce stiffness and increase flexibility.

- This ½-hour class meets 3 times a week
- Days: Tuesday, Thursday, and Friday
- Time: 10:30 AM to 11 AM
- Location: Mountain Meadows in Ashland, Oregon
- Objectives:
  - Increase flexibility
  - Release tight joints
  - Help slow down and ground yourself
- Requirements:
  - 50 years old and older
  - People concerned about stiffness and waking up each morning feeling tight or in pain
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

## 1-on-1 Fitness

### 1-on-1 Fitness Sessions

**1-on-1 fitness sessions are offered year round.** These sessions are for people who want a personal trainer to help them achieve their personal fitness goals.

- 1-on-1 sessions are available to individuals looking for one-on-one guidance with their fitness.
- 1-on-1 sessions can be done at your house, your location of workout, on the telephone, in the park, at the office of You Can Do It! LLC ... wherever you like.
- Objectives:
  - Clear up your confusion about not knowing where or how to start, and not understanding how much to do

- Explore ways to keep your routine fresh and ongoing
- Improve the quality of your life
- Individual fitness programs are designed to meet each individual's bodily needs. With a tailored fitness program you will:
  - Improve strength
  - Trim/tone the muscles
  - Improve your energy/stamina
  - Develop definition in your body
  - Lose weight
  - Improve the quality of your life
- Requirements:
  - None – except a sincere desire to improve your fitness and feel better.
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)