

# ***You Can Do It! LLC***

---

## **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.

<b>Bones and Joints .....</b>	<b>2</b>
Building Bones Step by Step.....	2
Chair Osteo.....	2
Joyful Joints .....	3
<b>Stretching .....</b>	<b>3</b>
Floor Stretch .....	3
<b>Cardio .....</b>	<b>4</b>
Rhythmic Cardio .....	4
Nordic Walking .....	4
<b>Fitness Coaching .....</b>	<b>5</b>
1-on-1 Fitness Sessions.....	5

## Bones and Joints

### Building Bones Step by Step

**This class is offered year round in 5 – 10 week series.** It guides you through exercises that build strength, balance, confidence, and can increase bone density.

- This 55-minute class meets 3 times a week.
  - **Days:** Monday, Wednesday, Friday (you can sign up for once, twice, or three times each week)
  - **Time:** 8 AM to 8:55 AM
  - **Location:** The Grove in Ashland, Oregon
- **Objectives:**
  - Build stronger bones
  - Strengthen lower body, upper body and core
  - Enhance 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)

### Chair Osteo

**This class is offered year round.** It is a chair-based strengthening class to build strength, mobility and confidence. This class works on leg strength, upper-body strength, back strength, and balance. Leg strength exercises help people stand up from the toilet, the couch, the kitchen table, the bed, etc. Upper body strength exercises helps with daily tasks such as carrying groceries from the store or walking with a walker. Back strength exercises improve posture. Balance exercises help prevent falls. Additionally, all strength-building exercises are paired with stretches for muscles and joints. This class helps seniors remain independent longer.

**NOTE:** It is taught at Mountain Meadows Community for Mountain Meadows residents only.

- This ½-hour class meets 5 times a week.
- **Days:** Monday - Friday
- **Time:** 10 AM to 10:30 AM
- **Location:** Mountain Meadows in Ashland, Oregon
- **Objectives:**
  - Build stronger bones
  - Strengthen legs and lower body, upper body, and core (including back)
  - Improve balance
  - Help make joints limber
- **Requirements:**
  - 50 years old and older, living at Mountain Meadows Community, 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)

## Joyful Joints

This class brings movement to all joints throughout the body. Research shows that joints with osteoarthritis have less pain when gentle controlled movements are done regularly.

- This ½-hour class meets 2 times a week.
- **Days:** Tuesday and Thursday
- **Time:** 9:30 to 10:00 AM
- **Location:** Mountain Meadows in Ashland, Oregon
- **Objectives:**
  - Bring movement to tight joints
  - Reduce joint discomfort
  - Help make joints limber
- **Requirements:**
  - 50 years old and older, living at Mountain Meadows Community, suffering from arthritis or sore joints.
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

## Stretching

### Floor Stretch

**This class is offered year round.** It is for anyone who needs some gentle stretching to reduce stiffness and increase flexibility. **NOTE:** It is taught at Mountain Meadows Community for Mountain Meadows residents only.

- This ½-hour class meets 4 times a week
- **Days:** Monday, 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, living at Mountain Meadows Community.
  - 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)

## Cardio

### Rhythmic Cardio

This class works the entire body from head to toe. Using a small air-filled ball, you work legs, feet, arms, and brain!

How does it work? Sitting in a circle, participants have to do a number of different things at the same time: march in place or tap their heels and toes, while squeezing small air-filled balls, or tossing them to other people in the circle. Legs and feet continue moving while the arms and head keep the balls moving. The challenge of different movements at the same time opens new neurological pathways into the brain.

- This ½-hour class meets three times a week.
- **Days:** Monday, Wednesday and Friday
- **Time:** 9:30 AM to 10:00 AM
- **Location:** Mountain Meadows in Ashland, Oregon
- **Objectives:**
  - Increase coordination
  - Create new neurological pathways to the brain
  - Strengthen upper body and core (including back)
  - Develop focused attention
- **Requirements:**
  - 50 years old and older, living at Mountain Meadows Community, suffering from arthritis or sore joints.
  - Contact Carol Lee at 541-482-1887 or [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)

### Nordic Walking

**This class is offered on an as-needed basis during the year.** 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.

- This 1-hour class meets one time each week when it is 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)

## Fitness Coaching

### 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, 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)