

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.

| | |
|----------------------------------|----------|
| Osteo Boost | 1 |
| Chair Osteo Stretch | 1 |
| Strengthening..... | 1 |
| Building Bones Step by Step..... | 2 |
| Nordic Walking | 2 |
| Nordic Walking..... | 2 |
| Yoga and Stretching | 3 |
| Yoga for Seniors | 3 |
| Lunch-time Yoga | 3 |
| Floor Stretch | 3 |
| 1-on-1 Fitness | 4 |
| 1-on-1 Fitness Sessions | 4 |

Osteo Boost

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 5 times a week
- Days: Mon – Friday
- Time: 10 AM to 10:30
- 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

Strengthening

This class is offered year round. It is a standing-based strengthening class with exercises that help build strength, balance, mobility and stronger bones.

- This ½-hour class meets 2 times a week
 - Days: Tues, Thurs
 - Time: 10:30 AM to 11:00 AM
 - Location: Mountain Meadows
- Objectives:
 - This is a more difficult class than the chair-based class.

- Use weight-bearing exercises to build muscles in the lower and upper body and help prevent osteoporosis
- Requirements:
 - 50 years of age and older
 - Contact Carol Lee at 541-482-1887 or 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: Mon, Wed, 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

Nordic Walking

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

Yoga and Stretching

Yoga for Seniors

This class is offered year round. It is for seniors who want to increase flexibility, balance, and strength. The class consists of: meditation, warm up, floor poses (floor stretches), standing poses (strengthening and balance), and cool down with a resting pose.

- This 1-hour beginning yoga class for seniors meets two times a week
 - Days: Tuesday, Thursday
 - Time: TBA
 - Location: Baxter Fitness Solutions
- Class format:
 - Meditation – every class
 - Warm up – every class
 - Standing poses (strengthening) – once a week
 - Balance poses (balance) – every class
 - Floor poses (stretching) – every class
 - Resting pose (recover and receive the benefits from what you have done)
- Prerequisites: 50 years of age or older

Lunch-time Yoga

This class is offered year round for yoga enthusiasts of all ages.

- This 1-hour level 1-2 yoga class meets one day a week
 - Days: Tuesday
 - Time: 11:45 – 12:45
 - Location: Ashland YMCA
- Class format:
 - Meditation
 - Warm up
 - Standing poses (strengthening)
 - Balance poses (balance)
 - Floor poses (stretching)
 - Resting pose (recover and receive the benefits from what you have done)
- Prerequisites: None

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: Mon, Wed 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

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