



A department of Speare Memorial Hospital

## Balance in Motion

### Low Tempo and Up Tempo 2025 Schedule

#### Class Sessions:

- **1st Session:** January 1 – March 21  
*Off week:* March 24
  - **2nd Session:** March 31 – June 20  
*Off week:* June 23
  - **3rd Session:** June 30 – September 19  
*Off week:* September 22
  - **4th Session:** September 29 – December 19  
*Off week:* December 22
- 

## Balance in Motion: Low Tempo

### *Low Intensity*

- FREE for members | \$5 per class for non-members
- Discounts available for purchasing 5 or 10 classes at once
- **Class description:**
  - 1-hour class including:
    - Dynamic stretching warmup
    - Balance exercises
    - Standing or seated strength exercises
    - Static stretching cooldown
  - Participants **do not** get down on the floor.
  - Suitable for individuals at risk of falling; walkers and canes are welcome.
  - Breaks and sitting are encouraged as needed.

#### **Important:**

→ **Pre-class balance screening REQUIRED** before joining for the first time.

Screening is free, takes 10–15 minutes.

☎ Call 603-238-2225 to schedule.

---

## Balance in Motion: Up Tempo

*Moderate Intensity*

- FREE for members | \$5 per class for non-members
  - Discounts available for purchasing 5 or 10 classes at once
  - **Class description:**
    - 1-hour class featuring:
      - Dynamic stretching warmup
      - More challenging balance and strength exercises
      - Standing and floor exercises
      - Static stretching cooldown
    - Designed for older adults seeking a **whole body workout**.
    - Participants should be able to get on and off the floor (modifications available).
- 

## RehabFIT Group Exercise Classes

### HAPPY HIIT HEALTHY

*Moderate to High Intensity*

- 30-minute high intensity interval training (HIIT) class.
  - Recommended for individuals cleared for intense exercise.
  - **Note:** No warmup or cooldown included. Participants must warm up on their own prior to class.
- 

### Still Got It!

*Moderate to High Intensity*

- 60-minute exercise class.
- Focus: Helping active adults maintain strength and mobility.
- Includes a thorough warmup, full-body strength training, and cooldown.

## Motion is Lotion

*Moderate Intensity*

- 1-hour class with an extended warmup and cooldown.
- Focus on proper lifting techniques and injury prevention.
- Participants must be able to get onto the floor; modifications are available.

## Specialty Programs

### Ski Conditioning

*Moderate to High Intensity*

- \$150 for members | \$200 for non-members
- 10-week progressive program beginning in October.
- Focus: Strengthening muscles and joints, improving mobility, and conditioning for ski season.
- Participants must be able to get on and off the floor.

#### **Class structure:**

- 60-minute session including:
  - Thorough warmup
  - Full-body strength training

Cooldown