

Osher Lifelong Learning Institute

— OLLI at UTMB Health —

Learner-Led, College Level Program of Adult Education

*****FREE*** FITNESS SESSIONS FOR ALL WHO ARE 55 AND OVER**
Sessions are open to all and do not require membership in OLLI.

OLLI at UTMB Health welcomes
everyone 55 and over to
FREE Fitness sessions
Tuesday, Wednesday, and Thursday
9 AM – 10 AM
Galveston Island Community Center
4700 Broadway, Suite B101
in the
Nautilus Room



There is NO CHARGE and NO PRE-REGISTRATION is required

Developed by Anne Pringle Burnell, this Chair Exercise Program incorporates stretching, aerobics, strength training, and balance. It will improve flexibility, muscle and bone strength, circulation, heart health, and stability.

You can drop in for a single session, attend every session, attend once a week, or participate occasionally at your convenience.

All sessions are free!

Everyone is also welcome to enjoy walking the indoor, climate-controlled walking track available at the Galveston Island Community Center. Go at your own pace for a mile or any part of a mile to stay fit and have fun.

**For more information, please feel free to contact us
at the OLLI office:**

Michelle Sierpina, Ph.D., Founding Director: msierpin@utmb.edu

Mildred Smith, Volunteer Coordinator: mipsmith@utmb.edu

Or phone us at: **409.763.5604**



OLLI Fitness Classes Listed Below Carry Tuition of \$25 for 8 Sessions. OLLI Membership is Required.

Below is our typical schedule of classes held at 4700 Broadway, Suite B101.

Visit us at www.utmb.edu/OLLI/Courses or phone 409.763.5604 for more information.

Pilates for Strength, Stretch, Balance—Method Alliance Certified Pilates Teacher, Nancy Jacobs

Mondays, 9–10 AM, (more challenging)

Wednesdays, 10:30–11:30 AM, *open to all, novice to experienced*

Total Body Combo Workout!—Certified Instructor Claudia Clark. Experience this exercise program of total body fitness beginning with a warm-up using light weights, stretching, posture, breathing, and joint movement.

Tuesdays, 2–3 PM, (exercise bands, chair, and weights)

Thursdays, 2–3 PM, (exercise ball, chair, and weights)

Tai Chi for Health—Instructor: Mike Glynn. Enjoy gentle exercises for body, breath and mind. Join Grandmaster Mike Glynn as he shares over 30 years of Tai Chi experience and knowledge.

Mondays, 11 AM–Noon

Mondays, 12:30–1:30 PM

Fridays, 10–11 AM

Fridays, 11:30 AM–12:30 PM

Gentle Yoga—Instructor: registered Hatha Yoga Jim Turner. **Each class is the same level of skill, except for chair yoga.**

Monday, 2–3:15 PM (includes meditation)

Tuesday, 10:30–11:30 AM

Wednesday, Chair and Gentle Yoga, 2–3 PM

Thursday, 10:30–11:30 AM

Water Aerobics at TideWay—taught by Galveston Island Wellness certified water aerobic instructors

Tuesdays and Thursdays, 7:45–8:30 AM and 4:30–5:15 PM

Ai Chi at TideWay (water Tai Chi)—Instructor: Ai Chi master Bernice Torregrossa and Ai Chi practitioner Sati Sefni-Ra.

Wednesday and Friday, 7:30–8:15 AM

YOU MUST BE A MEMBER OF OLLI TO ENROLL IN THESE FITNESS COURSES.

Membership is \$25. Join now and your membership extends through August 31.

Call 409.763.5604 for details about membership and registration.