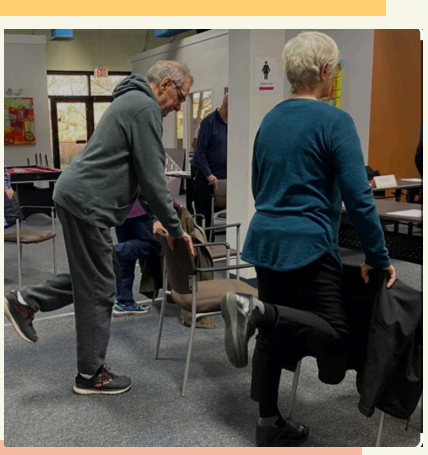
STAND STRONG WITH EXERCISE

Tai Chi: gentle, slow exercise that improves balance, strength and relaxation

Offered: Saturdays, 8-9am, Central Rec Center, Hillsborough Wednesdays, 8:15am and 9:00am, Seymour Center Thursdays, 6-7:30pm, Seymour Center

Video for home workout (seated or standing): https://youtu.be/xOEW1hhTV_4?si=FxLntlnUis-JMKyp



Otago: A program that combines gentle strength and balance exercises to prevent falls

Otago Videos for home workouts: https://youtube.com/playlist?list=PL3gdm7Li6JiWhBpVKvAMZiY83G6ih4c8u&si=3dso4z6oll5uvHIZ

Falls Risk Assessment

FYZICAL PT is hosting a falls risk assessment:
Seymour Center, 9/24/25- 10-11:30am
Passmore Center, 9/26/25- 10-11:30am

Go Slow!

If you're not a regular exerciser, starting out intensely can cause you to get discouraged, or worse, injure yourself.

Other Local Group Fitness Classes

Orange County Sportsplex: https://www.oc-sportsplex.com/wp-content/uploads/GX-Sportsplex-SEPT2025_Final.pdf

Passmore Center:
https://www4.orangecountync.gov/aging/documents/DeptOnAging_PassmoreMonthlyActivityCalendar_current.pdf

Seymour Center
https://www4.orangecountync.gov/aging/documents/DeptOnAging_SeymourMonthlyActivityCalendar_current.pdf