

To Directors, from Steve Cohen:

My homeowner's association (Stonegate) has begun offering a seniors fitness program that seems to be very popular, inexpensive, and apparently can be set up in any large open room (such as our social hall), as needed equipment is very minimal.

I asked the trainer, who apparently has some prior familiarity with CBH, if he might be able to conduct a similar class here at CBH. He said he would, and sent me details of his proposal that I have reproduced below.

The second attachment was a flyer prepared for Stonegate, but it gives you an idea of what the program would look like at CBH.

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*The class I'm proposing is based off of popular classes I teach in Davis at Rancho Yolo Senior Community, University Retirement Community and at the Davis Senior Center. The class is designed for active aging adults but is also suitable for any person looking to improve their fitness. The format of the class last about 1 hour and includes a 15min full-body mobility warm-up, then proceeds to 20-30min of a combination of cardio, strength training, agility, and balance exercises, and the last 10min of class is designated for cool-down and stretching, usually on the floor with mats. Most exercises are meant to be performed while standing (some use a folding chair for support) using either your own body weight (squats, lunges, etc), or using hand weights, or resistance bands, or mini therapy balls. The class is designed to improve overall fitness which includes enhanced cardio-respiratory and muscle strength, increased flexibility, improved balance and coordination, and last but not least an elevated mood and sense of well-being. (I've attached a pdf flyer promoting the class at Stonegate)*

*I try to keep my classes engaged by demonstrating or giving coaching cues to ensure proper functional movement and positioning for all exercises. I also develop a rapport with my participants and keep things light-hearted and fun, which could be playing the appropriate music and dancing into a movement pattern, or doing partner exercises.*

*As far as pricing, I'm a certified trainer with Silversneakers, Silver & Fit and Active and Fit so that I can offer your community free classes if they're eligible through their supplemental insurance plan. For those who are not eligible the class rate would be \$5 for a drop-ins, or \$40 a month, or \$60 a month for couples.*

*My best days to teach classes at CBH are Monday and Wednesday afternoons with an optional Saturday morning class if there is enough interest.*

*Steve Bonnel  
530-400-0675*