

## Scotland Place Senior Center

### Mission Statement

*Scotland Place Senior Center strives to enrich the lives of Scotland County adults age 55 and older through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social, economic and educational opportunities that enhance their quality of life.*



## Class Schedule

### Seniors in Motion

Monday 8 am

Fee Required

### Walking Aerobics

Tuesday & Thursday 9 am

Fee Required

### Arthritis Foundation Exercise

Tuesday & Thursday 10:30 am

No Fee Required

### Stretch and Flex

Monday & Wednesday & Friday 4 pm

Fee Required

For more information please contact  
Scotland County Parks and Recreation

P.O. Box 1668  
1210 Turnpike Road  
Laurinburg, NC 28352  
Phone: 910-277-2585  
Fax: 910-610-1586

[www.scotlandcountyparksandrecreation.org](http://www.scotlandcountyparksandrecreation.org)

Scotland County  
Parks and Recreation  
Senior Center

## Adult Exercise Programs



The Start To  
A  
Healthier You!

## Scotland Place Senior Exercise Programs

At the Scotland Place Senior Center we strive to bring new and creative ideas to our Senior Citizens in the community. One of the ways we do this is by offering many types of exercise classes. There are multiple exercise classes, including



the Seniors in Motion class, the Walk Aerobics class, the Arthritis Foundation Exercise class, and the Stretch and Flex class. Please read up on the different types of classes to determine which one best suits your

needs so that you can join in on all the exercise fun at the Senior Center!

Before starting any exercise program, please consult your physician to see which one best suits your lifestyle.

All class instructors are certified by the Aerobics & Fitness Association of America.

### Seniors in Motion

The Seniors in Motion class combines basic line dance moves with weight training. A typical warm up and cool down consist of simple line dance moves and stretches. We use hand-held weights and dyna-bands to build and maintain upper and lower body strength.

The Seniors in motion exercise both standing up and seated to maximize effort. Participants enjoy working out to oldies and beach music during this invigorating and laughter-filled class. Come join the Seniors in Motion today!

### Walk Aerobics

The Walking Aerobics class provides Seniors with an up-beat, up-tempo cardio program to help strengthen their heart and body. The class participates in dance moves to songs that they all know and love. Come move with us to get your heartbeat and mood into full aerobic swing!



In Walk Aerobics, participants enjoy the fast paced dancing to the music.



The Senior Exercise Classes look to build mind, body, and spirit by using yoga techniques.

### Arthritis Foundation Exercise Class

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength.

Participants previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

### Stretch and Flex

The Stretch and Flex Exercise Program is designed to help seniors stay fit, mobile, and flexible as they mature.

Through various stretches and exercises seniors work their joints and muscles to regain some of the mobility they may have lost.