

Living Well Health, Wellness, & Fitness Classes

MVP's Community Health Educators offer health education and physical activity programs at locations throughout the community. Classes are **free or discounted** to MVP plan members. Registration is required—**follow the registration instructions listed for each program or site.**

MVP Health Care Wellness Center

220 Alexander Street, Second Floor, Rochester

- **Free parking** is available on the second floor of the parking garage. Bring in your ticket for validation.
- Take the skyway from the garage to the main building.
- Go straight across the atrium to the MVP Health Care reception area.

To register for classes at the 220 Alexander Street location:



Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**)



Visit **mvphealthcare.com** and select *Members*, then *Health & Wellness*, and then *Sign Up for Rochester Wellness Programs* under *Living Well Classes & Activities*.

Be sure to refer to the **Program Code** for each class.

For classes with a fee, unless otherwise noted:

1. Send your check/money order the same day that you register for the class.
2. Make checks/money orders payable to **MVP Health Care**.
3. In the memo line, include the class **Program Code** number.
4. Mail your check/money order to Attn: Health and Wellness Programs, MVP Health Care, 220 Alexander St., Rochester, NY 14607.

No refunds are given for missed classes. If you are unable to attend a class you registered for, please call the MVP Medicare Customer Care Center to allow others to attend.

Living Well Health, Wellness, & Fitness Classes

✓ Mondays

Bodies in Motion

Program Code: 4773

▶ Ongoing Fitness Class

Mondays and Wednesdays, January 22–March 28

9:30–10:30 am

MVP Member: **No charge**; Non-Member: **\$100**

Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit

Program Code: 4774

▶ Ongoing Fitness Class

Mondays and Wednesdays, January 22–March 28

10:45–11:45 am

MVP Member: **No charge**; Non-Member: **\$100**

Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

✓ Tuesdays

Tai Chi

Program Code: 4765

▶ Ongoing Fitness Class

January 2–March 27 1:30–2:30 pm

No class February 6, 13, and 20

MVP Member: **No charge**; Non-Member: **\$50**

Tai Chi is described as “meditation in motion.” Benefits can include improved balance, flexibility, and muscle strength. This program introduces the Yang Style Short Form of Tai Chi.

Attracting Pollinators to Your Garden

Program Code: 4802

March 13 1:00–2:30 pm

MVP Member: **No charge**; Non-Member: **\$10**

Now is the time to plan for spring and summer gardens! Join us to discuss the plants and environment necessary to lure hummingbirds, butterflies, and other pollinators to your garden.

Presenter: Ken Harbison, Master Gardener

Living Well Health, Wellness, & Fitness Classes

✓ Wednesdays

Bodies in Motion

Program Code: 4773

▶ Ongoing Fitness Class

Mondays and Wednesdays, January 22–March 28

9:30–10:30 am

MVP Member: **No charge**; Non-Member: **\$100**

Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit

Program Code: 4774

▶ Ongoing Fitness Class

Mondays and Wednesdays, January 22–March 28

10:45–11:45 am

MVP Member: **No charge**; Non-Member: **\$100**

Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

Let's Talk About Weight Loss

Program Code: 4790

March 14 1:30–3:00 pm

MVP Member: **No charge**; Non-Member: **\$10**

Do you think you have a pretty good idea about the best methods for losing weight? Test your knowledge as we find out what is really fact or fiction. This is a fun, interactive class.

Presenter: MVP Community Health Educator

✓ Thursdays

MVP Bokwa®

Program Code: 4781

▶ Ongoing Fitness Class

January 25–March 29 11 am–12 pm

MVP Member: **No charge**; Non-Member: **\$50**

This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy and wonderful fitness program for all ages!

Living Well Health, Wellness, & Fitness Classes

✓ Fridays

Line Dancing

Program Code: 4769

▶ Ongoing Fitness Class

February 9–April 13 9:30–10:30 am

MVP Member: **No charge**; Non-Member: **\$50**

Learn the basic steps and you'll quickly be dancing the "Electric Slide" and other popular dances. No experience or partner required. Leather soled shoes recommended.

Led by dance instructor Will Herzog

New *Living Well* class, coming this Spring!

Argentine Tango: The Basics

Learn the basic dance vocabulary and music while practicing walking, balance, posture, and proper technique of Argentine Tango. A simple repertoire will get you dancing right away. Come with or without a partner. Smooth-soled shoes helpful.

Taught by Agustin "Gus" Ramos of Flower City Tango.

Six consecutive Fridays: April 6, 13, 20, and May 4 and 11

10:45–11:45 am

Program Code: 4832

MVP Member: **No charge**; Non-Member: **\$30**

Returning this Spring!

Tai Chi for Arthritis: Eight Week Series

Plan to attend all 16 sessions

Tai Chi for Arthritis is easy to learn, safe, and gentle. Most movements are done standing. Developed in association with the Arthritis Foundation, the exercises are progressive, learned over the period of eight week/16 class session. You will receive a handout of the movements to practice at home. Wear loose, comfortable clothing and sneakers.

Instructor: Certified Tai Chi for Arthritis instructor

Mondays and Wednesdays, April 2–May 23 2–3 pm Program Code: 4740

Living Well Programs in the Community

MVP Gentle Yoga Moves

Have you heard about the health benefits of yoga, but are not quite sure what to expect in a class? Have you taken yoga in the past, but need to take a more gentle approach?

Experience the benefits of increased flexibility, strength, and balance, as well as a sense of peace and calm through a complete series of seated and standing yoga poses. Wear loose, comfortable clothing and sneakers.

Always talk to your doctor before taking any exercise class.

All are welcome for these programs, compliments of MVP! Class size is limited and registration is required. Registrants are expected to attend all sessions.

Brickstone by St. John's
1325 Elmwood Ave., Rochester
Thursdays, January 18–April 5, 2018 (12 sessions)

Plan to attend all 12 sessions

10–11 am

Program Code: 4697

Registration is required. Call Dawn Rivera at 585-271-1000.



I-Square
400 Bakers Park, Rochester
Tuesdays, January 16–April 3, 2018 (12 sessions)

Plan to attend all 12 sessions

(New class!)

10–11 am (New start time!)

OR

11:15am–12:15 pm

Program Code: 4758

Program Code: 4759

Registration is required. Call Cheryl Minchella at 585-327-5752.

