


**RIDGELAND RECREATION PARKS'  
VIRTUAL SENIOR ADULT WEEKLY CLASSES**

Programs will be posted on Ridgeland Recreation Parks' Facebook page  
unless otherwise indicated.

<https://www.facebook.com/RidgelandRecreationandParks>  
MAY 18-22, 2020

| PROGRAMS                                  | DESCRIPTION  | DAY/DATE/TIME   |
|---|--|---|
|   |  |   |
| <b>HOLIDAY</b>                            |    | Monday, May 25, 2020  |
| <b>MARTIAL ARTS<br/>FOR SENIOR ADULTS</b> | Learn age appropriate traditional martial arts.<br>This week Andy will emphasize self-defense techniques.<br>Andy Dillon, a 4th degree black belt, is<br>your instructor.  | <b>Tuesday, May 26, 2020</b><br><b>10:00 a.m.</b><br><b>RR&amp;P FACEBOOK LIVE!</b>   |
| <b>EXERCISE &amp; FITNESS<br/>CLASSES</b> | A fun and <u>interactive workout</u> for senior adults that will<br>make an hour of total body exercise fly by! Class<br>format consists of:<br>Stretching - (seated in chair)<br>Cardio - (seated or standing)<br>Strength training - equipment needed -light weights | <b>Wednesday &amp; Friday,</b><br><b>May 27 &amp; 29</b><br><b>10:00 a.m.</b><br><b><u>This is a ZOOM CLASS</u></b><br><b>Please contact Lynda</b><br><b>at 601-856-6876 or email</b> |


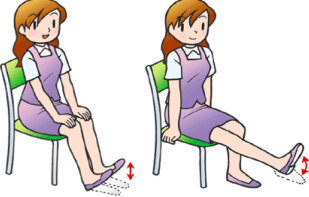



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|    | <p>Cool Down - (seated in chair)<br/>Personal Trainer, Lisa Newman is your instructor.</p>  | <p><a href="mailto:lynda.assink@ridgelandms.org">lynda.assink@ridgelandms.org</a><br/><b>if you wish to join.</b><br/><b>Meeting ID</b><br/><b>will be emailed/texted to you</b><br/><b>before class.</b></p> |
| <p><b>SENIOR FIT CLASS</b></p>  | <p>This exercise class is appropriate for beginners.<br/>Proper alignment will be the main focus as<br/>improving balance, flexibility, and strength.<br/>Equipment: a sturdy chair, hand weights,<br/>resistance band and resistant tubing, ball,<br/>and 2 paper plates.<br/>Personal Trainer, Sally Holly is our instructor.</p> | <p><b>Wednesday, May 27, 2020</b><br/><b>12:30 p.m.</b><br/><b>RR&amp;P FACEBOOK LIVE</b></p>   |
|    | <p><b>THE COMPLETE MIX</b></p> <p>This is an intermediate exercise class. This is<br/>the perfect exercise mix. It is a combination<br/>of stretching, balancing, strengthening, and<br/>low impact cardio all rolled into one!<br/>Personal Trainer, Sally Holly is our instructor.</p>  | <p><b>Wednesday, May 27, 2020</b><br/><b>1:30 p.m.</b><br/><b>RR&amp;P FACEBOOK LIVE</b></p>  |
|  | <p><b>VIRTUAL SENIORS'<br/>SHOWCASE</b></p> <p>Send a picture of your latest project to Lynda at<br/><a href="mailto:lynda.assink@ridgelandms.org">lynda.assink@ridgelandms.org</a>. It can be art,</p>   | <p><b>Pictures will be posted</b><br/><b>Friday, May 29, 2020</b></p>   |

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|  | <p>woodwork, crochet, needlepoint, gardening, etc.</p> <p>Beauty does the heart good!</p> <p>We will post it on our Ridgeland Facebook page. It will inspire all of us!</p> |  |
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