

Instructor	Class Title	Class Description
Adrienne Madias	The Barre Code	Lengthen and strengthen your muscles during this full-body workout. Incorporating the best of Barre, this cornerstone class will push you to challenge both the body and mind while focusing on working each muscle group to fatigue. Work through dynamic, full-range movements alongside targeted, isometrics to really feel the shake and burn. Round out the total-body experience with a mindful, deep stretch that will leave you feeling accomplished and centered. Please bring a mat and a pair of socks.
Angela Yang	Healthy Chinese Cooking for the Working Family on a Budget (Cooking Demo)	Fast stir-frying vegetables activate and release vitamins and antioxidants from the compartments, but they are still sealed in the vegetables and easily absorbed by our body.
Carolyn Anderson-Fermann	Simply Organize The New Year. Helping Busy Moms Keep It Together	Are you feeling overwhelmed and rushed in your daily life? Learn five simple tips to help you feel more peaceful and at ease as you go throughout your days. Each tip is practical and actionable. Carolyn Anderson-Fermann of Simply Organized Life has been helping busy women get organized and be more productive since 2005.
Debra Clark	Commit to Get Fit!	A2GetFit is a fitness and nutrition business for “Women by Women”. I am the personal trainer in Ann Arbor that works exclusively with women 40-80+, and a woman in my sensational 60’s! I have witnessed and experienced the difficulty of managing fitness and good nutrition during this busy phase of life. However, creating and maintaining good habits now is critical for good life and health as we age. So, I have expanded my Ann Arbor based fitness company, A2GetFit, into a wellness company by incorporating options critical for women’s health under one roof, making fitness and good nutrition choices fast and easy. I take care of your fitness needs and Kelly Sager our nutritionist takes care of your nutrition needs. We are pleased with the opportunity to meet the women in our community, introduce ourselves and what we do at A2GetFit to help all of you on your journey to attain good and lasting health. Let’s talk then jump in for a fun filled but short A2GetFit workout!
Department of Ophthalmology & Visual Sciences, School of Public Health, University of Michigan	Women's eye health spanning Millennials, Gen X and Baby Boomers	The goal of this session is to provide information on eye anatomy basics, age-related eyelid changes, dry eyes, and research findings from a major women's health study. <ol style="list-style-type: none"> 1. Eye Anatomy Basics, Dry Eye and Women’s Health - Sarah Wood, OD 2. Treatment Options for Baggy Eyelids and Wrinkles - Denise Kim, MD 3. Relationship between vision impairment in middle-aged women and physical functioning - Navasuja Kumar, MBBS, MPH 4. Distinguishing shades of gray and risk of falling - Carrie Karvonen-Gutierrez, PhD, MPH 5. The Aging Eye and Macular Degeneration – Anjali Shah, MD
Ellen Porter	Stress Reduction with Holistic Health Care	An introduction and practice of various forms of stress reduction, Acupressure, Qi Gong, Meditation, and more with Acupuncturist, Ellen Porter. Simple practices that can help reduce stress, ease discomfort in body and mind to better your health and well being. You will gain skills that can be done easily at home or work. Start the New Year with ease and joy!

Geraldine Powell	Zumba Gold	This class is specifically designed with our active older adult members in mind, who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. You will have so much fun moving your whole body to the rhythmic world beats - as you get a great workout!!
Jennifer Fowler	Hands-only CPR Training	When a person has a cardiac arrest, survival depends on getting immediate CPR from someone nearby. Chest compressions push oxygen-rich blood through the body to keep vital organs alive. Hands-Only CPR buys time until EMS arrives.
Lynda Gronlund	Fitting Fitness into Your Busy Life	Everyone will leave this session with a plan that makes sense for them to get started and keep going!
Mark. A. Harris	Steps to successfully improve health and fitness: Fitness, Fun and You	This session will cover what one needs to successfully make exercise or physical fitness a part of their life, developing the proper mindset, what equipment to use, getting rest and having fun. We also will go over 5 components of fitness; strength, conditioning, flexibility, balance and cognitive.
Natasha Lee	Relaxation Yoga	This relaxation yoga class is targeted to reduce stress and tension and systematically relax the body, soul and mind from the hustle and bustle stresses of every day life. Through a series of gentle yoga poses synchronized with breathing exercises students will learn techniques for relaxation, grounding the body and quieting the busy mind. All participants are welcome.No previous yoga experience is required.Please bring a yoga mat, blanket or large towel.
Zora Djuric	What Do We Know about Nutrition and Energy Balance in Cancer Prevention?	This workshop will highlight nutrients that have been shown to exert preventive effects and how the beneficial effects of nutrients need to be considered within the context of the entire eating pattern. Participants will have time to break down their own diet, make plans for realistic changes and share tips with each other.
Jolie Levi	Orangetheory fitness	Orangetheory Fitness (www.orangetheoryfitness.com) is a scientifically designed, one-of-a-kind, group personal training workout broken into intervals of cardiovascular and strength training. Backed by the science of excess post-exercise oxygen consumption (EPOC), Orangetheory's heart-rate-monitored workouts are designed to get participants within the target-training zone of 84 percent to 91 percent of their heart rate, which stimulates metabolism and increases energy. Led by highly skilled coaches, each Orangetheory Fitness workout incorporates endurance, strength and power elements through a variety of equipment including treadmills, rowing machines, TRX® suspension training and free weights. The end result is more energy, visible toning and the 'Orange Effect' – where participants keep burning calories for up to 36 hours post-workout (the Orangetheory Fitness 'afterburn') for an average of 500+ total calories burned per every 60 minute workout. The company was ranked #60 in Inc. magazine's Fastest Growing Private Companies List and #255 in Entrepreneur's 2016 Franchise 500® list of the top franchises in the world. Visit www.offranchise.com for area developer and franchise opportunities.