

# Mind, Body and Spirit

## Fitness Classes



**Find your best you at Tall Oaks!** Our guided exercise classes will increase your muscle tone, balance, and strength, all while improving your mood. Through these slow and gentle exercises, you can enhance mental capacity, reduce chronic pain and promote mind and body integration.



### **Band-IT Exercise with Geneses Rehab** Mondays • 10:30 AM

Resistance bands allow you to challenge your muscles from different angles, which helps with everyday tasks.



### **Tai Chi for Seniors: Beginners Level** Fridays • 10 AM

Ancient Chinese martial art that involves the mind, breathing, and motion, to create a calm balance.



### **Chair Yoga with Yogi Caitlin** Mondays, Tuesdays & Thursdays • 10 AM

Practiced sitting on a chair, or standing using a chair for support, these poses are often adaptations of modern yoga poses.



### **Chair Yoga with Yogi Kevin** Saturdays • 10:30 AM

See description of weekday class, above.

Are you ready to decrease stress and add to your personal sense of well-being?  
Try three of our amazing Mind, Body and Spirit classes for FREE!

Contact Nicole Zuke at 703-834-9800 or NZuke@TallOaksAL.com to register.



703.834.9800

[www.TallOaksAL.com](http://www.TallOaksAL.com)

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# Tall Oaks

ASSISTED  LIVING

RISING TO NEW HEIGHTS