

Exercise Class Levels:

Sign up for the many exercise opportunities offered at the Bay County Division on Aging. Exercise programs are offered at various meal site locations along with coordination at the Bay County Community Center. To better help you identify if the class meets your skill abilities we have indicated a level of experience to help you better determine what class meets your skills. As always, before starting an exercise regiment consult your local physician

Level 1: Beginner—just starting an exercise program— All exercises can be done in a chair or standing. Class would concentrate on the less physically experienced. Walkers, wheelchairs and canes participants would benefit from a level 1 class.

Level 2: Intermediate— Some prior experience or could have moved on from a level 1 class. Medium intensity exercising. Can get out of a chair and perform standing along with some balance work.

Level 3: Advanced— Designed for those who have had prior exercise experience and active and fit. Able to stand and get up and down from the floor without aids or help. More challenging exercises along with cardio work.

If unsure of levels of ability a personal assessment can be made with Beth Trahan, Bay County Recreation Assistant by calling (989) 894-0671 to schedule an appointment.