

- 1) Stacey Clough – Program Coordinator Healthy Living, Better Health, Better Choices at Mercy Health and Wellness Center.  
Email: [sclough@mercydesmoines.org](mailto:sclough@mercydesmoines.org)  
Ph: 515-643-8632  
Programs Offered: Stepping On  
Matter of Balance
- 2) Aging Resources of Central Iowa – Contact person – Margaret DeSio  
Email: [margaret.desio@agingresources.com](mailto:margaret.desio@agingresources.com)  
Website: <http://www.agingresources.com>  
Ph: (515) 255-1310 (800) 747-5352  
Programs Offered: Matter of Balance
- 3) Mercy Health and Fitness Center – Contact person – Emily Bialas  
Email: [ebialas@mercyhealthfitness.com](mailto:ebialas@mercyhealthfitness.com)  
Website: <https://www.mercyhealthfitness.com>  
Ph: 515-645-3341  
Programs offered: Tai Chi for Balance  
Next Steps  
Delay the Disease  
Gentle Yoga  
Chair Yoga  
Ai Chi
- 4) YMCA – Several Locations (Google the location nearest you)  
Programs offered: Silver Sneakers  
Delay the Disease  
Tai Chi for Arthritis and Fall Prevention  
Walk With Ease
- 5) Valley Community Center – Contact person – Gabe Carlson  
Email: [gcarlson@valleycommunitycenterdm.com](mailto:gcarlson@valleycommunitycenterdm.com)  
Website: <http://www.valleycommunitycenterdm.com>  
Ph: 515-327-6000  
Programs offered: Tai Chi for Health
- 6) Urbandale Senior Recreation Center – Contact person – Jason Thraen  
Email: [jthraen@urbandale.org](mailto:jthraen@urbandale.org)  
Website: <https://www.urbandale.org/250/Senior-Recreation-Center>  
Ph: 515-278-3907  
Programs offered: Tai Chi (3 different levels)

- 7) Mercy Wellness Center 1111 6<sup>th</sup> Ave –  
Email: [WellnessCenter@mercydesmoines.org](mailto:WellnessCenter@mercydesmoines.org)  
Website: <https://www.mercydesmoines.org>  
Ph: 247-3066  
Programs Offered: Silver Sneakers
  
- 8) Dallas County Hospital Wellness Education – Contact person Sally Swenson  
Ph: 515-465-7563  
Website: <http://www.dallascohospital.org/wellness-education.cfm>  
Programs offered: Tai Chi  
Walk With Ease
  
- 9) Ankeny First United Methodist Church – Contact the Christian Life Center  
Ph: 515-289-9153  
Website: <https://www.ankenfirst.org/fitness.htm>  
Programs offered: Seniors Exercising Together (S.E.T)  
Chair Yoga  
Yoga
  
- 10) Holy Trinity Lutheran Church Ankeny – Contact person Kim Johnston or Lisa Loiola  
Email: [kandl4taichi@yahoo.com](mailto:kandl4taichi@yahoo.com)  
Website: <http://www.holytrinityankeny.org/tai-chi.html>  
Ph: Kim 515-306-6479 Lisa 515-707-3048  
Programs offered: Exercise for Prevention of Falls
  
- 11) Altoona Campus  
Email: [info@altoonacampus.com](mailto:info@altoonacampus.com)  
Website: <https://www.altoonacampus.com/>  
Ph: 515-967-0788  
Programs offered: Keeping Fit 4 Life  
Balance and Bands  
Body Flow  
Balanced Yoga

### Evidence-Based Classes

**Matter of Balance** – an evidence-based falls/injury prevention program for older adults who have sustained falls in the past, have limited physical activity due to concerns about falling and who are interested in learning more about flexibility, strength, balance, and falls prevention. Classes are held twice a week for four weeks and are taught by trained leaders in the community.

**Stepping On** – An evidence-based falls prevention program that empowers older adults to carry out healthy behaviors that reduce the risk of falling. Community-based workshops are offered once a week for seven weeks. In a small-group setting, participants learn balance exercises and develop specific knowledge and skills to prevent falls. Workshops are highly participative; mutual support and success build up participants' confidence in their ability to manage their behaviors to reduce the risk of falling.

**Tai Chi for Arthritis and Falls Prevention** – Tai Chi is an ancient Chinese exercise system consisting of slow, relaxed movements. Studies show that Tai Chi improves balance, functional mobility and flexibility; increases strength; reduces risk of falling; reduces pain and stress; and increases psychological well-being.

**Delay the Disease** - Parkinson's specific exercise program designed to help ease symptoms. The empowering results of our Delay the Disease exercise program can help participants: move about with ease and confidence in a crowd, get out of bed or rise from a chair independently, improve handwriting, dress independently, diminish worry that stiffness, slow steps and other symptoms are obvious, regain a sense of moving with normality.

**Silver Sneakers** - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

## Alternative Classes

**Next Steps** - Increase your daily function and reduce pain with this gentle movement exercise for people with a medical condition or who need support to be more active. The program is open to anyone in the community, so you do not need to be a member to participate.

Functional Fitness includes: Health assessments at the beginning and end of the program, individualized exercise plan, two 60 minute supervised group workout sessions per week, a program summary report available to you and your referring healthcare provider, unlimited full access to the center and its amenities, transition to full membership, including a waived enrollment fee upon completion of the program.

**Ai Chi** - Slow and broad movements focusing on breathing, upper limb movement, trunk stability, lower limb movement, balance and coordinated total body movements. Ai Chi also includes important elements necessary for balance and fall prevention. This class is taught by a physical therapist in an exercise pool and is recommended for patients with neurological conditions and arthritis.

**Walk With Ease** - No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to: reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active, improve overall health.

**Chair Yoga** - A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

**Gentle Yoga** - A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

**Yoga** - movements and stretch-like poses help individuals with balance, strength, circulation and flexibility, which can result to a better health. Suitable for all fitness levels.

**Exercise for Prevention of Falls** - Exercise for mind, body and spirit: Exercise can help prevent falls. These exercises can be done seated or standing, and include full-body stretches, shibashi, tai chi, and qigong. Exercises will improve flexibility, stamina and strength, as well as lower blood pressure and relieve stress. Most importantly, they will improve balance and help prevent falls.

**Keeping Fit 4 Life** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any senior citizen.

**Balance and Bands** - This class takes you through balance exercises using your own bodyweight and resistance bands. Balance exercises are essential for everyday life, no matter your fitness goals.

**Body Flow** - This is the Les Mills program that combines Yoga, Tai Chi, and Pilates movements into a workout that builds flexibility and strength. You will also leave feeling centered and calm from controlled breathing, concentration, and a carefully structured series of stretches brings the body into a state of harmony and balance.

**Balanced Yoga** - This is a basic yoga class designed to enhance your everyday quality of life, including improving balance, increasing flexibility, building core strength, and engaging in active relaxation. All levels are welcome.