

Section I:
Strength and Balance Programs
in Tompkins County

⇒ *Be sure to speak with your doctor or physical therapist to decide what type of exercise program is appropriate for you.*



1. Classes

Lifelong

119 W. Court St., Ithaca, NY

273-1511

www.tclifelong.org

Classes at Lifelong:

EnhanceFitness®, *Strength Training*, *Tai Chi*.

Lifelong-sponsored classes at other places:

- *EnhanceFitness®* at
McGraw House, Ithaca
Juniper Manor I, Trumansburg
Enfield Community Bldg., Enfield
- *Tai Chi* classes at
Titus Towers Apts., Ithaca (residents only)
- *Strength Training* classes at
St. Catherine of Siena Church, Ithaca
- *Chair Yoga* classes at
Cayuga Ridge Extended Care, Ithaca

City Health Club

402 W. Green St., Ithaca, NY

319-4663

www.cityhealthclub.com

Classes: *Tai Chi*, *Qi Gong*, *SilverSneakers®*

Dryden Sport & Spine Physical Therapy

15 Ellis Dr., Dryden, NY

844-5653

drydensportandspine.com

Class: *Ageless Agility*

Finger Lakes Fitness

171 E. State St., Ithaca, NY

256-3532

www.fingerlakesfitness.com

Class: *Gentle/Restorative Yoga*

GIAC

301 W. Court St., Ithaca, NY

272-3622

www.ci.ithaca.ny.us/departments/giac/adult.cfm

Class: *Tai Chi*

Island Health & Fitness

310 Taughannock Blvd., Ithaca, NY

277-3861

www.islandhealthfitness.com

Class: *Tai Chi*

Taoist Tai Chi Society

1201 N. Tioga St., Ithaca, NY

273-7681

www.ithaca.newyork.usa.taoist.org

Class: *Tai Chi*

Also held at Newfield Masonic Temple, Trumansburg firehouse, and a modified class for Lansing seniors with impaired-mobility held at Woodsedge.

YMCA

50 Graham Road West, Ithaca, NY

257-0101

www.ithacaymca.com

Classes: *Building Strength, Tai Chi (additional fee)*

Description of Strength & Balance Programs

Ageless Agility

Movements focus on helping older adults gain strength and improve their balance.

EnhanceFitness®

The program focuses on stretching, flexibility, balance, low-impact aerobics and strength-training exercises. Permission from a doctor is required to join class. (See: www.projectenhance.org.)

SilverSneakers®

This program is designed to promote strength, flexibility, balance and endurance in older adults. Some health insurance plans provide coverage for participants.

Tai Chi

Among the most successful interventions for building strength and balance to avoid falls is the ancient Chinese practice of Tai Chi. Tai Chi is a series of slow and graceful movements that flow into each other. This low-impact physical activity helps improve balance, flexibility and muscle strength. *A Tai Chi DVD presented by Chi Time can be obtained free of charge from the Tompkins County Office for the Aging.*



Qi Gong

Similar to Tai Chi, Qi Gong also combines slow movements and can be practiced by individuals with different levels of physical ability.

Chair Yoga

Slow movements, breathing and balance exercises are performed while holding onto or sitting in a chair.