

HEALTH & WELLNESS

Lifelong Health & Wellness classes are offered year-round for \$5 per class and Clay Studio is \$8 a class. Play It Again Theatre takes place during the spring and fall semesters at \$5 per class. Lifelong members may pay \$40 a month for unlimited Health & Wellness classes. On-site Activities require Lifelong membership; Off-site Activities do not.

Led by experienced instructors, Lifelong Health & Wellness Activities are designed with a holistic approach to body, mind, and spirit. Open to all fitness levels.

Enhance Your Fitness | Stretching, low-impact cardio, strength, balance

Location & Instructor	Day of Week	Time
Lifelong / Library Place Shanthi Mariappan Ginny Miller	Wednesday/Friday	10:30 - 11:30 AM
Brooktondale Fire Hall Chris Dunham Karen Koyanagi	Tuesday/Thursday	9:30 - 10:30 AM
Trumansburg Fire Hall Chris Dunham Caryn Sheckler	Monday/Wednesday/Friday	10:00 - 11:00 AM

Strength Training | Strengthens bones and muscles, improves balance

Location	Day of Week	Time
Lifelong / Library Place Debbie Bosanko	Monday	1:30 - 2:30 PM
	Thursday	12:30 - 1:30 PM
Varna Community Center Chris Dunham	Monday	9:30 - 10:30 AM

Lifelong Activities are open to all! Drop in to try one for \$5. No advance registration needed.

HEALTH & WELLNESS**Tai Chi | Fluid movements to ease tension, increase fitness, strength**

Location	Day of Week	Time
Lansing Library Anthony Fazio/Chris Dunham	Friday	10:30 - 11:30 AM
Lifelong / Library Place Chris Dunham	Friday	12:45 - 1:45 PM

Breathe & Flow Yoga | Gentle postures for flexibility, strength, balance

Location	Day of Week	Times
Lifelong / Library Place Erica Shockley	Monday	12:00 - 12:50 PM

Chair Yoga | Tune into your body and relax using breath and basic yoga

Location	Day of Week	Time
Lifelong Ginny Miller, Caryn Sheckler	Wednesday/Friday	11:45 AM - 12:45 PM
Lansing Library Sam Swartz	Monday	10:00 - 11:00 AM
Jacksonville Methodist Caryn Sheckler	Tuesday	11:30 AM - 12:30 PM

Square, Round & Line Dancing | Fun fitness, the caller will guide you

Location	Day of Week	Time
Lifelong Caller - Katy Heine	Friday	2:00 - 4:00 PM

CREATIVE ARTS

Arts activities led by skilled artists providing guidance as needed.

Clay Studio | Sculpt clay from start to kiln

Location	Day of Week	Time
Lifelong Jennifer Brown	Monday/Tuesday	10:00 - 12:00 PM

Play It Again Theatre | Write and collectively perform stories from your life

Location	Day of Week	Time
Lifelong Susan Kaplan	Thursdays starting Sept. 11	2:00 - 3:30 PM

HEALTH & WELLNESS & CREATIVE ARTS INSTRUCTORS

Debbie Bosanko

Debbie is a certified personal trainer, yoga instructor, and Fourth Degree Black Belt who has been teaching for over 25 years. Debbie enjoys teaching those over 50.

Jennifer Brown

A native Ithacan, Jen began as a Lifelong student almost two decades ago. She explores handbuilding with clay and says the best part of class is making friends.

Chris Dunham

Chris has a long history of helping others improve strength, mobility, and balance. He teaches Tai Chi and fitness, and enjoys yoga, calisthenics, and lifting heavy objects.

Anthony Fazio

Anthony has studied martial arts and Asian medicine for over 30 years. Anthony moved to Ithaca in 2000, where he practices Chinese medicine and teaches Tai Chi.

Katy Heine

Katy has led community dances for over 30 years. Known for her clear teaching style and large repertoire of dances, Katy's objective is to make sure everyone leaves with a big smile.

HEALTH & WELLNESS & CREATIVE ARTS INSTRUCTORS

Susan Kaplan

Susan studied speech and drama at Ithaca College, taught English, and directed dozens of Ithaca City High School productions. She is a Kitchen Theatre Company board member and Hangar Theatre emerita board member.

Karen Koyanagi

Karen has taught fitness, dance, and karate since 1984. She has degrees in dance and biology, and is certified to teach Stay Active & Independent for Life (SAIL). Karen has taught at Lifelong since 2017.

Shanthi Mariappan

From running and swimming to trekking the Himalayas, Shanthi embraces fitness and all forms of movement, and returns to India each year to continue her yoga studies. She is excited to guide older adults through gentle exercises that strengthen the body and calm the mind. Shanthi is an ACE Certified Group Fitness Instructor.

Ginny (Rukmini) Miller

Ginny has been a certified teacher of Sivananda Yoga for more than 45 years, and a certified Senior Fitness Specialist. She spends winters in Cape Town, South Africa, where she teaches yoga, leads the Dances of the Universal Peace, and soaks up the sunshine.

Caryn Sheckler

Caryn began teaching yoga in 2005 after studying in India. She is a certified Level 2 instructor, uses compassion and humor to share knowledge, and has taught chair yoga for Lifelong since 2010. Learn more at SahejYoga.com.

Erica Shockley

Being present through compassion calls Erica to yoga. A registered yoga teacher with training in vinyasa flow, meditation, and restorative yoga, Erica encourages individuals as they learn how yoga supports their lives.

Sheila Squier

Sheila is certified in fitness areas including group fitness, spinning, and Pilates. She is a SAIL instructor and Functional Aging Group Exercise Specialist. Sheila has led classes throughout the area and is proprietor of SASquier Consulting LLC.

Rev. Sam Swartz

Sam studied yoga at the Integral Yoga Institute and has taught Hatha Yoga, Laughter Yoga, adaptive yoga, chair yoga, children's yoga, and meditation. In addition to Laughter Leader Training, Sam is certified in yoga philosophy and meditation.