

Oasis is here for you

At Oasis our priority is ensuring older adults are safe from COVID-19. We know social isolation is a real physical and emotional health risk, and we also know Oasis programs are important to our participants. In keeping with the CDC, local healthcare system and governing authorities, we welcome Oasis members to return to limited in-person class offerings.

- Oasis will practice social distancing
- Face mask required
- Revised classes with spacing marked to allow social distancing during exercising
- Oasis will sanitize Oasis classrooms
- Sanitizing stations available with hand and spray sanitizer



WALKING

Stride into Fall-Walking

Christy Rogers

Join Oasis for a walk in park. This instructor-led class will cover topics such as proper stretching, walking techniques and how to maximize this low-impact exercise program that can be done anywhere.

Rain or Shine

Class #228 Broad Ripple Indy Parks

Tuesday Sep 29–Oct 20

10:00–11:00

Fee: \$24 4 sessions

DANCE

Line Dance

Bonnie Lawrence

In this class, you will have fun and get exercise while learning how to move with ease and charm.

593 Indianapolis Healthplex

Thursday Oct 15–Nov 19

11:00–12:00

Fee: \$48 6 sessions

Presenting Tap 'Time Steppers'

Carol Snider, Libby Gipson

Focus will be on performance and grace as we polish routines to a shine. Must have basic knowledge of dance.

Class #398 Washington Park Center

Wednesday Sep 16–Nov 18

4:30–6:00

Fee: \$80 10 sessions

EXERCISE

Beginning Exercise for All Levels

NIFS Instructor

All-around body workout for the beginner or those wanting to have a lower intensity workout. Chairs available.

**Class #200 Broad Ripple-
Flanner Buchanan**

Monday Oct 5–Nov 30

11:00–11:45

Fee: \$72 9 sessions

Building Bones– Osteoporosis, Exercise and Education

NIFS Instructor

Weight-bearing exercises working the total body using bands and weights. Chair assisted.

**Class #803 First Baptist Church
Greenwood**

Tuesday Oct 6–Nov 24

10:30–11:30

No class 11/3

Fee: \$56 7 sessions

Cardio Motown

NIFS Instructor

Low impact aerobics class that will use the fun and inspiring Motown beats.

**Class #204 Broad Ripple-
Flanner Buchanan**

Wednesday Oct 7–Nov 25

12:00–12:45

Fee: \$64 8 sessions

[More Classes](#)

Call us: 317-396-3751 • Visit us: Oasisindy.org

Chair Pilates

Theresa Lynn-Combs, NIFS instructor
A great workout to promote balance and good posture. This class is either seated in a chair or standing.

Class #206 Broad Ripple-Flanner Buchanan

Thursday Oct 8–Nov 19
11:00–12:00
Fee: \$56 7 sessions

Christy Rogers

Class #406 Washington Park Center

Monday Oct 12–Nov 30
9:15–10:00
Fee: \$56 7 sessions
No class 10/26

Chair Pilates

NIFS Instructor

A great workout to promote balance and good posture. This class is either seated in a chair or standing.

Class #806 First Baptist Church Greenwood

Thursday Oct 1–Nov 19
10:45–11:45
Fee: \$64 8 sessions

Complete Body Workout

Carole Pefley

Solid workout that focuses on cardio, core, weights and flexibility. Exercise at your own pace or at an intermediate level. Bring weights to class.

Class #808 First Baptist Church Greenwood

Thursday Oct 15–Nov 19
1:00–2:00
Fee: \$48 6 sessions



Look for online lifelong learning classes for this fall.
Visit us at oasisindy.org or call Oasis at 317-396-3751.

Oasis Sponsors and Community Partners

Our sponsors help keep Oasis in the community. Please show them your support.



Gentle Chair Yoga

Christy Rogers

This class allows individuals to experience the healing benefits of 'yoga like' movements while sitting in a chair.

Class #410 Washington Park Center

Thursday Oct 1–Nov 19
10:45–11:30

No class 10/22

Fee: \$56 7 sessions

NIFS Instructor

Class #610 Indianapolis Healthplex

Wednesday Oct 7–Nov 25
10:45–11:30

Fee: \$64 8 sessions

Let's Move 20/20/20

NIFS Instructor

This beginning exercise features twenty minutes each: cardio, strength training, balance/flexibility. Chair options available.

Class #416 Washington Park Center

Tuesday Oct 6–Nov 24
10:00–11:00

No class 11/3

Fee: \$56 7 sessions

Muscle Toning

Theresa Lynn-Combs, NIFS Instructor

Improve your balance, posture, flexibility and strength. Optional: Bring hand weights.

Class #220 Broad Ripple-Flanner Buchanan

Wednesday Oct 7–Nov 25
11:00–11:45

Fee: \$64 8 sessions

Posture, Balance and Strength

Christy Rogers

This Pilates and Barre based workout is a series of body weight and resistance band exercises to strengthen your core, increase flexibility and promote good balance and posture. Emphasis on spinal and pelvic alignment, breathing to relieve stress and oxygen flow to muscles. This workout includes standing, seated and floor exercises. Please bring a mat. Chair options available.

Class #424 Washington Park Center

Thursday Oct 1–Nov 19
9:30–10:30

No class 10/22

Fee: \$56 7 sessions

Strength, Balance and Flexibility

Theresa Lynn-Combs, NIFS Instructor

Exercises to increase balance, agility, flexibility, coordination and improve posture and body awareness. Resistance bands and body weights (bring light weights 3-8 lbs). This class will not move to the floor.

Class #226 Broad Ripple-Flanner Buchanan

Monday Oct 5–Nov 30
1:30–2:30

Fee: \$72 9 sessions

Yoga

Christy Rogers

Stretching exercises, relaxation, and conscious breathing techniques to build strength, energy and vitality. Bring a mat or blanket.

Class #231 Broad Ripple-Flanner Buchanan

Monday Oct 12–Nov 30
12:00–1:15

No class 10/26

Fee: \$63 7 sessions

Kim Allen, NIFS Instructor

Class #631 Indianapolis Healthplex

Tuesday Oct 6–Nov 24
11:00–12:15

No class 11/3

Fee: \$63 7 sessions