

Free Internet Fitness Classes Tina Nerat

The Oakmont Fitness Center is now open in a limited way by reservation, but not everyone may yet be comfortable with indoor exercise at this stage of the global pandemic. In-person fitness classes have not resumed in Oakmont. While walking has been great during the pandemic, many people want more exercise and fitness options than simply walking. Oakmonters may not be aware that there are FREE options for fitness classes on the Internet, most of them using the Zoom app.

Oakmont Health Initiative (OHI). Classes with JoRene are held via Zoom Monday and Wednesday mornings. These classes are popular and used to be held in the Berger Center but moved to Zoom during the past year. Class times and Zoom information can be found on the OVA web site and in the Oakmont News.

Santa Rosa Junior College Classes (SRJC). The Older Adults Program at SRJC has dozens of free online fitness classes via Zoom. SRJC has announced that all classes are online through the end of 2021. Mary Hastings and Pegeen Johnson are just two of the instructors who used to teach classes in-person in Oakmont at West Rec and Oakmont Gardens and who now teach their classes via Zoom. To see the wide array of classes, go to <https://older-adults.santarosa.edu/join-class> and select OLDER ADULTS PROGRAM, then select FITNESS FOR OLDER ADULTS. Every kind of class imaginable is offered: Tai Chi, strength, aerobics, balance, flexibility, Zumba, dance, yoga, and more. Also note that these online classes are available to any California resident, so friends or family members not living in Santa Rosa can take these classes with you.

Silversneakers. According to Silversneakers, it's "a health and fitness program designed for adults 65+ that's included with many Medicare Plans". Eligibility and a wide range of daily classes may be checked out at <https://tools.silversneakers.com/>.

Older Adults Technology Services (OATS). This program started to help seniors learn and use technology. Visit them at <https://oats.org/> or also at the Senior Planet initiative <https://seniorplanet.org/> to find out more about their offerings which also include free online Zoom exercise classes. There is more to offer at OATS than exercise classes.

Of course, there are more options to be found simply by doing a Google search "free online exercise classes for seniors. Oakmont Technology Learning Center (OTLC) is helping Oakmonters learn how to use Zoom and to feel comfortable with it. Zoom may be a part of our lives for a long time. Assistance with learning Zoom may be found by filling out the CONTACT US form at www.oakmont-learning.org.