



Joint Effort is an exercise concept for seniors with locations in Guilford, Old Saybrook, Branford and now Cheshire that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner! During the shutdown, they created a vast library of virtual classes that their members, past members and even non members could use to guide them to better health and fitness while quarantined!

George Norden, owner of Joint Effort will be sending three to six class options per week for the next month that you can use to improve your strength, balance and stamina right from the comfort of your home to maintain or regain your strength, stamina and balance during this time! Many of these classes were recorded during the shutdown so please disregard the friendly interactions between the instructors and the Joint Effort members who joined the class virtually. More new classes will be sent in the coming weeks as they create more great workouts!

The Senior Center will send out this email every Thursday/Friday so you will have time to put schedule times to try, enjoy and benefit from these great classes instructed by their highly educated and experienced instructors!

These classes are on YouTube which they have found to be the easiest platform to use. Simply click the link below for the workout you would like to try and you will be immediately taken to the page where the video will begin!

You may watch the classes as many times as you would like as long as you do not delete this email.

If you have an issue with any of the classes or questions, you can email the owner of Joint Effort at George@jointeffortexercise.com and he will be happy to help!

WEEK 3:

HIGHER INTENSITY:

These workouts are low-impact but are at a moderate to higher intensity consisting of strength and cardio exercises. These workouts would be best suited for individuals who have been exercising regularly and do not have any significant health concerns. Disclaimer: Please do not do anything that you are unsure of or you feel may be unsafe for you.

[Joint Effort: Strength & Cardio](#) Low-impact moderate intensity workout consisting of strength exercises and cardio exercises. The intervals are 30 seconds of work and 15 seconds of rest followed by a stretching cool down to finish. https://www.youtube.com/watch?v=uF9_e_cwgHE&list=PLLiCHu3GGtHzJX98FfOJP0UwafqsbifS&index=8&t=162s

MODERATE INTENSITY:

[Balance & Functional Class:](#)

https://www.youtube.com/watch?v=gVpm_8p_Z0s&list=PLLiCHu3GGtHz4f-dTiOzVxXAvla935E7f&index=2&t=0s

LOWER INTENSITY:

These workouts will be great for those beginning to exercise again after a long break or those who have never really exercised regularly in the past.

[Joint Effort: Low Impact Cardio \(Class #3\)](#)

Low-impact moderate intensity workout consisting of simple cardio exercises, sitting and standing. There will be a quick 3-5 minute warm up, approximately 20 minutes of cardio exercises, followed by a stretching cool down to finish. https://www.youtube.com/watch?v=huGDYs_YEiw&list=PLLiCHu3GGtHxeRWxpUkAJV0aiQhBijK9E&index=3&t=0s

To access the videos, click on the above links or copy and paste in to your browser

Again, if you have any questions or concerns about your ability to do these classes, please reach out to George Norden at George@jointeffortexercise.com and he will be happy to help!

