

EXERCISE TO MUSIC Annual Report

Date Submitted: 05/06/2023

Chairperson(s): Lois J Reid

Members:

MaryAnn Baker

Judy Bongiovanni

Floy Ervin

Spencer Ervin

Pat Humphreys

Hedy Knoth

Bunny Lawton, Jean Perkins, Lois J Reid

How many Crosslands residents benefit from this committee's activities? How often?

- In the past year the class usually consists of 8-10 participants.

Accomplishments:

- As I understand the history, the Exercise to Music class is the first organized exercise class at Crosslands--and is probably more than 40 years old.
- The class meets 3 times a week for 1/2 hour. The exercises are played on a disc with verbal instructions and musical accompaniment. The exercises encompass your whole body, but the movements are not strenuous.