

# Class Descriptions

- **Gentle Yoga** – Safe and gentle fitness yoga for stamina, rejuvenation, relaxation and breathing exercises. Improves your balance and flexibility.
- **Cycle ‘n’ Pump & Cycle ‘n’ Core** – 30 minutes of group cycling and 30 minutes of strength conditioning.
- **SilverSneakers® Muscular Strength & Range of Movement** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.
- **Cardio Circuit** – This varied total body workout allows you to work at your own pace. A mix of strength and cardio exercises will help you improve your general fitness and coordination and increase endurance.
- **SilverSneakers® Yoga Stretch** – SilverSneakers offers a special yoga class in which you learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Stretching can also improve muscle tone and help you relax, both physically and mentally.
- **Aerobic Dance** – Let the music move you! Try the aerobic dance alternative. You can achieve total body conditioning while dancing, singing and laughing!
- **Group Cycling** – Ride to the beat of the music. Class includes a warm up and stretch component. Spaces are limited!
- **Tai Chi – Qigong combination** – Early emphasis is on Qigong internal energy work. Beginners class teaches 22-24 moves. Focuses on breathing, balance and coordination.
- **Newbie Cycling** – A slightly easier cycling class for those starting out. Warm up, 30 minutes of cycling and stretch/cool down.

**\*MUST HAVE OWN TOWEL TO WORKOUT\***

**\*BEGINNERS WELCOME TO ALL CLASSES\***

**\*OPEN DOOR POLICY FOR ALL CLASSES - MAY JOIN IN AT ANYTIME\***