

# Class Descriptions

- **Intermediate Yoga** – This hatha yoga class provides instructions for the beginning practitioner as well as the more advanced yogi. Through a series of postures, we work to improve breath, flexibility, balance, and strength. All levels are welcome.
- **Gentle Yoga** - Safe and gentle fitness yoga for stamina, rejuvenation, relaxation, and breathing exercises. Improves your balance and flexibility.
- **Cycle ‘n’ Pump** – 30 minutes of group cycling and 30 minutes of cardio circuit.
- **Cardio Core** – A combination of cardio and core strength moves.
- **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, a SilverSneakers ball are offered for resistance, and 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!
- **Boot Camp** – Intermediate to Advanced 6 week class. Burn fat and have a blast with this proven and exciting way to challenge the mind as well as the body, taught by a former military instructor: Michael!
- **Power Cycling / Cycle Jam** – An intermediate/advanced cycling class which integrates sprints, jumps, intervals and climbs to build endurance, strength and cardio ability.
- **Newbie Cycling** – A beginner 45 minute class (time includes set up, warm-up/cool-down & 30 min of cardio), ideal for people with total knee/hip replacements, shoulder injuries, other physical limitations, deconditioned individuals, or those who just desire a shorter class.

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

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

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