

Class Descriptions

- **Dance Fusion** – Let the music move you! Try the aerobic dance alternative. You can achieve total body conditioning while dancing, singing and laughing!
- **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.
- **SILVER SNEAKERS© CLASSES** – These classes, focusing on strength, balance and movement, help older adults stay more active, energized and independent. They help treat arthritis and joint issues and help prevent falls through fun, low impact classes that promote friendship and laughter. A chair is used in all these classes.

SilverSneakers® Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a small ball is alternated with low-impact aerobics choreography

SilverSneakers® Classic - 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 small ball are offered for resistance.

SilverSneakers® Yoga – 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.

SilverSneakers® Stability – This class includes exercises to remain safe on our feet. Balance and factors that influence balance are addressed including muscular power, speed, agility, coordination and flexibility.

- **BOOM SilverSneaker® Classes** - Do you like faster paced workouts that are done in 30 minutes? BOOM was developed by leading fitness experts for the active older adult to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you. **NO chairs** are used in these classes.

MOVE IT This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

MUSCLE This class incorporates athletic exercises that boost over-all fitness. Move through muscle-conditioning blocks and activity specific drills to improve strength and functional skill.

MIND The best from Yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

- **Zumba Gold®** - Easy to follow program that lets you move to the beat at your own speed. It's an invigorating dance-fitness class that feels fresh and most of all exhilarating! Classes provide modified, low impact moves for active older adults.
- **Cycle Craze, Energize Cycling, and Power Cycling** – Ride to the beat of the music. Class includes a warm up and stretch component. Spaces are limited! Beginners are welcome to any class. Instructor will help you set up the bike and you may do as much or as little of the class as you wish.
- **Gentle Yoga** – An eclectic mix of easy yoga postures to integrate balance, strength, stamina, rejuvenation, and relaxation. Level 1-2
- **Restorative Yoga** – A yoga method using long hold times to open the body in a more passive way integrating mind/body/spirit. Level 1-2
- **Yoga Flow/Power Yoga**– Connecting movement of each pose with breath to build endurance, flexibility and strength. Level 2-3

**YOU MUST HAVE OWN TOWEL TO WORKOUT.
BEGINNERS ARE WELCOME TO ALL CLASSES.**