

# Class Descriptions

## Mind-Body

**Yoga 1:** Relieve stress and improve flexibility and strength through rhythmic postures, breathing, and relaxation techniques with a gentle, basic therapeutic approach (75 min - Fridays, 10:30 am)

**Yoga 2:** This practice is a graceful blend of Hatha yoga styles taught on an intermediate level focusing on flowing movement and more advanced breathing techniques. Higher intensity than level 1. (75 min - Mondays, 10:30 am)

**Pilates:** Condition your powerhouse...exercises improve core strength, postures, flexibility, and overall body conditioning. (1hr)

**SilverSneakers YogaStretch:** a flexibility, conditioning, and relaxation class for active older adults that includes standing and seated chair postures. No floor postures required (1 hr).



## Aerobics

**Step-Up:** Step routines are based on a series of 32-count choreographed step combinations. (1hr)

**Double Step:** Advanced class for those wanting more from the step routine. (1hr)

**Cardiostretch:** 30 min of varied cardio exercises followed by 30 minutes of invigorating and relaxing stretches that increase strength and flexibility. (1hr)

**Zumba:** Latin dance-based cardio workout to the high energy tunes of latin grooves. (1hr)

**Cardio KICKBOXING:** A blend of mixed martial arts designed to build strength, stamina, coordination, and balance with weight training (1hr).

**Zumba Lite:** Basic Latin dance-based cardio workout introduced in this lighter paced class. (45min)



## Cycling

**Spin:** An instructor facilitates sports-conditioning drills that simulate outdoor cycling such as hill climbing, sprints, mountain biking, ect. (50 min)

**Cycle Lite:** Basic drills & cycling concepts are introduced into this lighter paced workout. (30 min)



## Strength

**Body Fit:** Body Bars, hand weights, bands, stability balls, and medicine balls are used to define and strengthen all major muscle groups. (1hr)

**Sweat and Sculpt/Cardio Combo:** A variation on Body Fit class with aerobics between strength training drills. (1hr)

**Class Hard Core:** A variety of core-specific exercises are used to streamline and strengthen the abdominal and lower back region (30min)

**Beginner Core:** Light, core exercises used to strengthen the abdominals and lower back.



## Extras

**SilverSneakers:** A one-of-a-kind chair assisted workout for active older adults. Get fit with daily living activities along with aerobic and muscle strengthening exercises. Give it a try...You will love it! (1 hr)

**SilverSneakers 2:** The next level! Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout (1hr).

**Sweat and Scult:** A short period of light intensity cardio and weight exercises. (1 hr)

