

## Group Fitness Class Descriptions: April 2012

**Beginner: Classes are designed to be able to accommodate a beginner exerciser with modifications available.**

**Beginner Balance:** Everyone needs to practice their balance! This class is designed for a beginner that needs to learn how to balance better, to increase strength for daily living activities. We will be using a chair for support and do exercises for the entire body.

**Ab-solutely!:** Join us for a 30min class targeting your abs! We will strengthen the abs with a wide variety of exercises.

**Gentle Yoga Stretch:** Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, deep breathing, and movement with attention to alignment. This class incorporates the use of props such as chairs, blocks, and straps. A great class to become introduced to yoga!

**Balance & Stretch:** This stretch & balance class compliments exercise and overall well-being by releasing muscle tension, decreasing stress, and reducing chance for injury. We will be teaching the body to balance and respond to activities of daily living, allowing you to move with more ease! *\*This class does do exercises on the floor in seated and/or kneeling positions.*

**Tai Chi:** This low-impact exercise often called "medicine in motion," involves the mind, the inside body and the inner power (the ultimate energy) – the Chi. Tai Chi is an ancient exercise - a gentle way to improve balance, flexibility, bone strength and concentration. *\* Intermediate classes also available. Please attend based on experience/needs.*

**Tai Chi in the Chair:** "Tai Chi in a Chair" class will provide a safe and comfortable opportunity for those with temporary or long-term physical challenges to enjoy Tai Chi.

**SilverSneakers™ Cardio Fit:** The SilverSneakers™ CardioFit class teaches easy to follow, constantly moving, low impact choreography that is safe and easy on the joints. The class includes upper body strengthening, abdominal conditioning, stretching and relaxation cool down period.

**SilverSneakers™ Cardio Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

**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 activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Intermediate: Classes are designed for persons with some prior exercise experience.**

**Get on the Ball:** "Get on the ball" and join us for a challenging class with emphasis on balance, core strength and flexibility.

**Yoga:** A class concentrating on areas of strength, flexibility and balance through a series of movements and poses that include proper breathing and relaxation. We will be kneeling and getting down on the floor for some moves. Modifications will be available.

**Balance & Strength:** This class focuses on training the body to develop greater balance, coordination and posture through easy movements with light weights, bands and/or balls. We will be using a chair as a prop. All participants can expect a routine that will be personally challenging.

**Bone Builder:** This intermediate level class combines low impact aerobics, strengthening of the muscles, and floor work for a whole body workout!

**Cardio Kickboxing:** This is a fun, challenging workout that will focus on specific precision self-defense work so you leave feeling confident and strong! Strength & abdominal work will also be incorporated for a full body, heart-pumping workout!

**Cardio Dance:** A fun class learning new dance routines! Burn calories and have some fun!

**\*All classes are open to all members & guests.**