

## Group Fitness Class Descriptions

**Barre** – This is a fun, full body, low impact workout that sculpts, strengthens, and stretches muscles. Get a great workout utilizing the barre, weights and your own body weight. There will be something different every class. Ideal for all levels of fitness.

**Belly Dancing** – A fun refresher class, or to just learn the basics of belly dancing techniques. Simple combinations of steps for better balance, body awareness, confidence, condition and to tone your arms, lower back and abs. No special outfits required, just wear what feels comfortable.

**Boot Camp** - Combines elements of Strength Training, H.I.I.T. and more to elevate metabolism, burn fat and calories, improve strength, tone muscles, strengthen core and improve health. Great for all fitness levels as you work to your ability. Lots of variety and fun!

**Cardio!** – Get a fast-paced workout in the gymnasium - the perfect way to get your cardio in! There will be something different every class, to keep cardio fun!

**Cardio Camp** - Athletic Intervals including bodyweight exercises, free weights, balance and core, mixed with fast-paced combinations of resistance training and **cardio** endurance work all intertwined with playful athletic training to raise the heart rate. Each week is a different format to prevent participants from becoming bored and to keep the body challenged.

**Mind/Body Yoga** - Appropriate for beginners and more advanced students, regardless of age, experience, or level of flexibility. This traditional form of classical style hatha yoga class works the entire body; stretching muscles, building foundational strength, detoxing internal organs, improving your focus, stimulating the glandular systems, improves balance and challenges the cardiovascular system. Yoga helps balance mind, body, and spirit. So, come on in, relax and learn to 'be' your yoga.

**Pickleball** - Pickleball is a paddle sport played in the gymnasium that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. There is no instructor, just show up and play pickleball with anyone else who shows up. This is a fun game that, at the same time, provides a good workout! Try something new!

**Strength!** - Every class is something different and you never know what you're going to get because it is a surprise every time! The concentration is on strength training - utilizing bands, medicine balls, weights, and more, you'll get a great workout for an entire hour.

**Water Wave Challenge** – An aerobic workout that uses the water's natural resistance to increase cardio fitness.

## Senior Classes

**Senior Aqua Fit Video Class** - Water workouts for those with arthritis, joint, or muscle concerns. This low-impact, toning, and exercise program focuses on muscle flexibility and range of motion. No swimming skills required. CLASSES WILL BE VIA VIDEO on a TV-SCREEN. We have hired a new instructor that will begin teaching this class in January.

**Senior Yoga** - Senior Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Silver&Fit® Excel** - designed for the active, athletic older adult who is looking for a challenging workout. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you to continue all the activities you love to do, like playing sports or trying a new dance routine!