

# CLASS DESCRIPTIONS

**ARTHRITIS AQUA:** Gentle water exercise, done in the heated indoor pool focusing on arthritic relief.

**BALANCE:** Help prevent falls, increase stability and confidence by strengthening legs and core.

**BARRE FUSION:** Total body workout combining movements of Ballet, Pilates, Yoga and Toning.

**CARDIO/TONE:** Low impact aerobics while holding light weights for toning. (Can be done without weights).

**CHAIR EXERCISE:** Stay in shape, increase metabolism and improve muscle strength and tone. Bring your own weights Monday, Wednesday and Friday, resistance bands provided on Tuesday & Thursday.

**CHAIR YOGA (PLUS):** Gentle seated Yoga focusing on stretching and balance, "Plus" includes some standing.

**CORE SPLASH:** Safe and effective method to strengthen core muscles and improve balance using resistance of the water and incorporating Pilates techniques.

**GENTLE YOGA:** Standing poses using a chair for balance. No floor work.

**INTERVALS:** Energetic and challenging class to shed fat and define muscle. Alternating timed intervals of strength, cardio and abs, repeated through class. Must be able to get on and off mat.

**LOW IMPACT AEROBICS:** Improve endurance, burn calories and have fun with easy to follow low impact moves.

**PILATES:** Strengthen your core with Pilates mat exercises, designed to improve flexibility, strength and balance.

**SCULPT/TONE:** Improve muscle tone, balance and strength. Last part of class may be on the floor.

**SENIOR AEROBICS:** Have fun while burning calories with these easy to follow steps. Special consideration for senior population in terms of music, speed and a chair is available to hold for support if necessary.

**SIT AND FIT:** Specific exercises for improving reaching, grasping, twisting, stepping and other movements of daily tasks. Balls and bands occasionally used and will be supplied.

**STANDING GENTLE YOGA:** Standing poses using a chair for balance. No floor work.

**WATER AEROBICS** A blend of cardio and strength workout using the resistance of the water. Noodles and weights provided.

**YIN YOGA:** Yin poses are held for approximately 2 minutes each, allowing the body to relax and deepen the stretch.

**YOGA FLOW:** Poses flow from one to another in conjunction with the breath. Must be able to get on/off mat.

**ZUMBA/GOLD/TONE/CHAIR:** Fun, exhilarating, effective and easy to follow calorie burning dance party. Gold is lower intensity. Tone is same but using light weights. Chair is done while seated.

**20/20:** 20 minutes of low impact aerobics followed by 20 minutes of strength (Friday-bands)