

ALL CLASSES CAN BE MODIFIED TO THE PARTICIPANT'S OWN FITNESS LEVEL

Chisel	An efficient muscular workout targeting all of the major muscle groups of the body.
Cycling	This indoor cycling class is an aerobic conditioning class that uses stationary bicycles. It is led by an instructor, who with music and imagery, help the participants "feel" the ride.
Hi/Lo	A high intensity aerobic conditioning class that combines both high impact and low impact moves.
Lo Impact/Step	A high intensity aerobic conditioning class that begins with low impact choreography and switches to step. It ends with muscular strength exercises.
Muscle Flex	A total body strength training workout utilizing free weights, band and balls.
Pilates	This class focuses on exercises that improve flexibility and overall strength, especially in the abdominal and lower back areas.
Silver Sneakers I	This program is designed specifically for older adults. Come have fun and move to the music through a variety of exercises designed to improve muscular strength, range of motion and activity for daily living skills.
Silver Sneakers II	This program is designed specifically for older adults. This class format is conducted as a standing circuit workout using inspiring music and choreography to improve muscular strength and endurance.
Stability Ball	This class incorporates toning and stretching exercises with the use of a stability ball.
Step Circuit	This class alternates short bouts of cardio step moves with strength training exercise for an al over body workout
Step Choreography	Fun, creative choreography is the emphasis of this class. Using the step, this class is designed to improve your cardiovascular endurance and coordination.
Step Interval Hi/Lo Interval	Alternating step or hi/lo choreography with weight training exercise, this class gives cardiovascular and muscular strength benefits in one workout.
Yoga	This class is great for increasing functional strength and flexibility. Participants are encouraged to focus on their breathing and relaxation techniques.
Zumba	This class fuses music with a Latin rhythmic beat with easy to follow moves to create a fun workout. You'll feel like you are dancing!

| |

|

|