

Land Aerobic Class Definitions:

Silver Sneakers® Classic. Increase muscle strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Silver Sneakers® Circuit. Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercise depending on your skill.

Silver Sneakers® Slow and Gentle Yoga. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Silver Sneakers® Cardio. An advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy to follow movements promote a heart-healthy, total body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

Yin Yoga. Yin Yoga is a slower paced, more meditative version of yoga. Poses are held for a longer period of time, typically 3-5 minutes, to target the connective tissues rather than focusing on the muscles.

Weights. Resistance training class that will challenge both men and women alike! Training features super-set style weight and resistance exercises that are certain to push you to the next level of fitness!

Mixer. An ever-changing mix of cardio and toning exercise that trick your body into a leaner, toner physique. This is a fun and motivating class that will change every 4-6 weeks in order to avoid that frustrating fitness plateau.

Spin. Challenge yourself while traveling through valleys, flats, and hills with this stationary spin workout! This class accommodates all fitness levels.

Pump It Up. High intense cardio with active resistance training to blast calories and bust plateaus. Class will focus on athletic movements and basic combinations that push the cardiovascular system and strengthen muscles.

Cardio party. Full body workout using music and dance.

Tabata. High Intensity interval training program that has been scientifically proven to help increase endurance and performance for your aerobic and anaerobic systems.

Pool Class Definitions:

Water Aerobics. The aqua aerobics class will provide a great low-impact cardio workout as well as strength and toning using aqua dumbbells, aqua noodles, and a variety of various equipment.

Aqua Yoga. Aqua Yoga is a low impact class about stretching, balance and core strength. Some of the poses are traditional **yoga** poses, some are traditional poses with a twist. We also incorporate a little Pilates, and a few original exercises. We use **aqua** noodles to add resistance, help with balance, or give floatation. We will work on breathing, balance and relaxation.

Anchored Down. A low to mid impact class which assists with gaining range of motion, strength and power. Work with equipment and water resistance for this mid-level class.