

Land Aerobic Class Definitions:

SilverSneakers® Classic: Increase muscle strength and 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.

SilverSneakers® 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 exercises depending on your skill.

SilverSneakers® 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.

SilverSneakers EnerChi®: This class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints.

SilverSneakers® 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.

Weights: Resistance training class that will challenge both men and women alike! Training features super-set style weight and resistance exercise 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.

HIT 45: A training protocol alternating short periods of intense anaerobic exercise with brief recovery periods.

The Box: Strength and conditioning program that consists of high intensity constantly varied functional movements.