

***Sports of All Sorts~* GROUP EXERCISE CLASS DESCRIPTIONS:**

Silver Sneakers Classic:

“Easiest senior fitness class”

Have fun and move to the music through a variety of exercises designed to increase **muscular strength, range of motion, and activity** for **daily living skills**. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. There is NO cardio component included in this class.

SENIOR-FIT: “Medium-Level Class” (30-min. standing)

Attention all “Baby Boomers”

Increase your cardiovascular and muscular strength & endurance with a **standing circuit workout**. A chair is provided for support and balance to assist with stretching and core strength exercises. Hand-held dumbbells, elastic tubing with handles and a ball are used in addition to low-impact aerobic choreography. This class is **more advanced** than a typical *Silver Sneakers Classic* class and will provide the participants with an all-over body workout.

****SENIOR- STRENGTH PLUS + “Most challenging”**

A **MORE ADVANCED CLASS** for those who desire a slightly more challenging work out, this is a **“Senior’s Boot Camp”** Class. This class will be a 95% standing workout WITH CARDIO included. You can expect to perform a wide variety of compound exercises designed to make you sweat!

Silver Sneakers Yoga:

Participants will move through seated and standing yoga poses, designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver Sneakers Stability:

Get strong and improve your balance through exercises that strengthen the ankle, knees and hip joints all in a fun and social setting. This class is designed specifically for fall prevention (30-min class)

Senior Boot Camp:

Increase your endurance by performing a variety of cardio and weight exercises. (45-min class)

DANCE-FIT:

This is similar in structure to **ZUMBA**.

It is a **low-impact**, fun class that will incorporate easy-to-follow dance moves plus much more; Burn calories, sweat & HAVE FUN!

TABATA: / H.I.I.T. CARDIO:

Tabata features 20-second intervals of **extreme exercise** (MAX output – w/o modifications), followed by 10-seconds of “rest,” repeated 8 times. This format will be followed by a **CORE CHALLENGE** designed to strengthen you from the inside – out. WHAT ARE **YOU** waiting for? Try out this new class and create a stronger, healthier YOU for 2018.

STRONG by Zumba:

Stop counting the reps. Start training to the beat.

STRONG by Zumba combines **body weight, muscle conditioning, cardio and plyometric training** moves synced to original music that has been specifically designed to match every single move. Every SQUAT, LUNGE and BURPEE is driven by the music. In a one-hour class you will burn calories while toning arms, legs, abs & glutes. YOU CAN DO IT! Come join the fun.

**SMALL DAILY
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LONG-TERM**