

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

### **Silver Sneakers Classic:**

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. (50 minute class)

### **SENIOR'S STRENGTH & CONDITIONING:**

#### **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 *SilverSneakers Classic* class and will provide the participants with an all-over body workout.

#### **\*\*SENIOR'S STRENGTH PLUS:**

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!

### **SENIOR YOGA:**

The instructor is an experienced & certified **SilverSneaker's Yoga Instructor**. CHAIR YOGA in addition to standing modifications are provided to allow all participants to fully benefit from this class designed to work on **balance, flexibility, breathing & relaxation**. You do **not** need to be a "senior" or a SilverSneaker's member to participate in this relaxing class. ☺

### **BETTER BALANCE:**

***Falling is NOT a normal part of aging!***

Let us help you increase your spatial awareness and improve your core strength & balance to help keep you **upright & safe**. ☺

**30-Minute class** for all ages & abilities.

### **CARDIO DANCE:**

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:**

**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.

### **TURBOKICK! NEW!!**

Sculpt your upper and lower body plus burn major calories with rhythmic boxing and kickboxing combinations. Each **TurboKick** class is packed with real kickboxing moves, calorie-burning HIIT training and bodyweight exercises. You'll leave every class dripping sweat and feeling ready to **conquer anything!**

### **PIYO: NEW!!**

**PiYO** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning low-impact workout that leaves your body looking long, lean and incredibly defined. PERFECT for Spring!

***Do YOU want a better body for this summer?***

***NOW is the time to start! TRY out a new class and unveil the "new" you for spring graduations & summer pool parties. ☺***

### **CARDIO SCULPT:**

**BACK by popular demand and MOVED to Wednesday morning!**

This class is designed to blast your cardio fitness and work your muscles in every way possible! You will use a variety of different tools as well as your own body weight to change the shape of your body.

