

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

SilverSneakers Classic: M/W/F @ 10:45 a.m.

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: M/W/F @ 9:30 a.m.

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 in under one hour. You can expect to perform a wide variety of exercises to help improve core strength & balance.

SENIOR'S YOGA: YOGA IS BACK! TUES @ 9:30 a.m. PLUS: 2 WED. NIGHTS, Reg. 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. ☺

BURN & BLAST:

Resistance training, Core & Cardio – three dynamic components are packed into one 45-minute class. Pure strength training, exhausting core movements, exercises that encourage balance & coordination, plus cardio bursts come together for a **total cross-training effect**.

STRONG by Zumba:



MON. @ 6:30 p.m.

Zumba's NEW non-dance workout is totally different – and it's a HIT! STRONG is more boot camp and less booty shake, but Zumba lovers will still enjoy the music & party vibes. This class revolves around the HIIT principle- high intensity interval training. Gone are the shimmies & merengues and in their place are squats, burpees & core-cinching moves that will take your cardio to the next level and leave you feeling **STRONG!**

Full Body Blast BOOT CAMP: SAT. @ 10:00 a.m.

Build muscular strength & endurance, burn calories & blast fat in this explosive strength and cardio combination class! This is a high-intensity 55 minute class designed to challenge you and make you sweat. **Come upstairs to the FITNESS CENTER for this Dynamic Workout. This class is popular and is well-attended by both MALES & FEMALES. C'Mon Guys...What are YOU Waiting For?**

BUTTS & GUTS: THRS. @ 6:30 p.m. BACK by popular demand! ☺

Hips, Abs, Butts & Thighs...an intense class designed to focus on strengthening and toning your core. (And who doesn't need a little additional work on the mid section? – Am I right?!) Grab a mat and join us for this awesome class. A strong core is important for your posture and overall health in general. ALL are welcome! **YES, MEN DO attend this class! Put YOUR core to the test.**

POUND is a 45-minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a **full-body workout**. Using lightly weighted drumsticks, **Ripstix** (provided for you), participants can expect to burn **500-900 calories p/ class** and will be performing over 15,000 reps p/ session. **YOU DO NOT WANT TO MISS THIS CLASS!** Bring a sweat towel & water – you will need it! ☺