

***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/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.

****SENIOR'S STRENGTH PLUS: NEW!! WEDNESDAY @ 9:30**

A **MORE ADVANCED CLASS** for those who desire a slightly more challenging workout than the usual MON/WED @ 9:30 am. This class will be a 95% standing workout WITH CARDIO included. You can expect to perform a wide variety of compound exercises to help improve core strength & balance.

SENIOR'S YOGA: YOGA IS BACK! TUES @ 9:30 a.m. PLUS: WED. P.M. REGULAR 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: Introducing a NEW CLASS THRS. @ 10:00 a.m.

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.

STRONG by Zumba:



MON. @ 6:30 p.m. & (2) WED. at 5:30 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.**

CARDIO DANCE: This is similar in structure to **ZUMBA**. A 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.

We are pleased to announce the addition of a **NEW Instructor at S.O.A.S – Stacey Thornberry** will begin teaching **HIGH INTENSITY CLASSES** on Mondays & Tuesdays @ **5:30 p.m.** in January in addition to Senior's Strength **PLUS** Wed. @ 9:30am.