

## ***Sports of All Sorts~***

### **GROUP EXERCISE DESCRIPTIONS**

We now offer a wide variety of classes designed specifically for seniors which are all instructed by our Certified Senior Instructors.

Please keep the **level** of the class in mind when choosing which class to participate in depending upon your current activity level and abilities. **Your safety is very important to us!**

#### **\*\*SENIOR-STRENGTH PLUS +**

**8:30 = MON/WED/FRI**

Our **MOST CHALLENGING** class for seniors.

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

#### **SENIOR-FIT:**

**9:30 = MON/WED/FRI**

“**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.

#### **Silver Sneakers Classic:**

“**Easiest Senior Fitness class**”

**10:30 = MON/WED/FRI**

**This class is instructed mostly “seated.” You are welcome to sit the entire class or stand as often as you wish.**

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.

#### **Silver Sneakers Yoga:**

**Senior’s Chair Yoga** ~ NOT on the floor

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.

This is a **great class that is NOT just for Seniors.**

#### **DANCE-FIT:**

*Do you like music? Do you like to dance?*

This is similar in structure to **ZUMBA** and it is a lot of fun!

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

#### **TWO NEW CLASSES for July!!**

**1. SENIOR CIRCUIT:** **Chair-free senior Strength Circuit** is a **new concept to challenge our 8:30 a.m. class** in a format that will keep your mind sharp and keep your muscles guessing what is coming next! You can expect to perform a mixture of strength and cardio movements in a **timed format**.

#### **2. MINDFUL STRETCH & TONE:**

“**Mindful Strength**” prioritizes **mindfulness and flexibility**.

The workout includes **challenging** strength exercises that will appeal to our hardworking participants, along with gentler movements to improve flexibility and balance. The format is a mixture of muscular strength, balance and flexibility exercises.

This class **does incorporate floor movements – stretches will be done on the floor with a mat.** 😊