

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:

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:

Improve and develop core strength thus improving your balance through exercises that strengthen the ankles, knees and hip joints all in a fun and social setting. This class is designed specifically for **fall prevention** (30-min class).

DANCE-FIT:

Do you like music? Do you like to 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: / 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.

PiYo:

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 defined.

NO weights. NO jumps. Just fabulous results. ☺