

## ***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:**

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:**

##### **“Medium-Level Class” (30-min. standing)**

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:**

*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!

This class is taught on Court 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**.

#### **SilverSneakers Enerchi:**

SilverSneakers EnerChi combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement.

While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.

#### **Slow Flow YOGA:**

**Yoga** is a great way to not only increase the overall health of the body, but also the mind! Yoga is great for connective tissue, gentle strength building, and improved flexibility. It can also help in stress reduction. The class **will incorporate floor movements: kneeling, sitting, & bending** in addition to standing balancing movements. All levels are welcome, as modifications can be provided. This will be a **great warm-up for our Pickle ball players!**

**SLOW FLOW YOGA: Sunrise YOGA @ 8am...and restorative, slow flow in a heated room on THRS @ 6:00 pm = “Sunset Yoga.” FREE for the month of December.** *Did you know that more people suffer heart attacks between December 24<sup>th</sup> and January 2<sup>nd</sup>? We want to be here to help the community relax and reduce stress while focusing on flexibility and balance. Please join us.*