Wellness Class Descriptions

RECREATION CENTER

Zumba Mix: A low-impact Zumba class that combine's Latin infused cardio dance and strength exercises for a complete workout. Small hand weights will be provided.
Dance Party: This low-impact, dance inspired workout is sure to work up a sweat and a smile. Multiple music and dance styles get you moving and grooving. Forget exercise, you have an invitation to the dance party!
Wednesday Warrior: Timed training workouts that incorporates dynamic balance exercises, strength training specific to upper and lower muscle groups, vertical core and static balance postures followed up with a full body stretch.
Boomer Beat: A low-impact aerobics class that uses drum sticks to pound out the "beat" and work up a sweat! This class encourages large range of motion movements by "clicking" and "drumming" to improve cardio and build strength.
Strength & Stretch: This class gives equal time to strength and flexibility. Several types of resistance training equipment will be utilized to maintain a varied, muscular challenge.
Balanced Body: The exercises in this class are designed to help you improve your strength and balance. The focus of this class is fall prevention. All of the exercises use chairs, for seated and standing exercises. The goal is for everyone to exercise safely and achieve success.
Tai Chi: This ancient form of exercise involves fluid and relaxing movements that promote strength and balance. Tai Chi fosters wellness through connecting mind, body and breath.
Intro to Yoga: This introductory yoga class is appropriate for all students seeking the benefits of a relaxing, gentle and restorative practice. Whether you are a yoga new comer or an experienced practitioner, this class is suitable for all seeking to improve balance, strength & flexibility. Please bring your own yoga mat.
Chair Yoga: Gain the health benefits of Yoga with the assistance and support of a chair. The chair provides the ability to modify both seated and standing Yoga postures.
Zumba Gold: A dance style cardiovascular workout that blends high energy movement to the rhythms of salsa, meringue, cumbia and hip hop. Zumba's slogan is "ditch the workout and join the party!" If you like to dance this is a great class for you.
S.O.S.: "Serious On Strength"! This class incorporates chairs for seated and standing exercises along with a variety of resistance training equipment to build strong muscles and bones. The focus of this class is building and maintaining strength and bone density.
Get Fit While You Sit: Improve your cardiovascular capability, strength and flexibility; all exercises are performed while seated. This class incorporates hand weights, resistance bands and balls. Get Fit While You Sit welcomes all fitness levels and capabilities.
Golden Oldies Groove: _ Step back in time for a cardio workout to the classics! Get your golden oldies groove on with simple, easy to follow dance style choreography. Low on impact and high on fun this aerobics workout will be followed by a light stretch; all fitness levels are welcome.

ARBOR CLUB

***Denotes a fee based class**

Shallow Water Aerobics*: A 45-minute workout in shallow water that improves cardiovascular fitness, muscular strength and joint mobility. Gain the benefits of land exercises with less impact on your joints.
Deep Water Aerobics*: A challenging 45-minute suspended workout in deep water that improves cardiovascular fitness, muscular strength and core stabilization. This class requires a flotation belt.
HIIT Deep*: HIIT=High Intensity Interval Training in the pool! Dive into the deep end for a deep water aerobics class that will boost your cardio and strength training. Rotate through different interval challenges for cardio, strength and core conditioning.
Yoga*: Engage your body and mind through yoga postures that build strength and improve flexibility and balance. Yoga mat is recommended.
Qi Gong: This ancient practice improves mental and physical health by integrating movement, breathing techniques, and focused intention. Qigong serves as a great introduction to Tai Chi and will increase flexibility, energy and connect to mindful movement.
Hatha Yoga*: Traditional Yoga postures are practiced in a powerful, slow sequence to increase strength, flexibility and muscular endurance. Strengthen the body by integrating mind with muscle.
Intro to Tai Chi- This class has the 'newcomer' in mind as it introduces you to the basic movements of Tai Chi. Well established in fitness and medical communities, Tai Chi provides a host of health benefits. Tai Chi is a graceful form of flowing movements that unites both the body and the mind. Reduce stress while improving strength, flexibility and balance through the practice of Tai Chi.
Tai Chi for Joint Health*: This class will help you to feel better and function better. You will learn effective and enjoyable exercises to improve the health of your joints. These gentle movements, postures and techniques are specific to enhancing your range of motion and managing pain. This class is very beneficial for those with arthritis, fibromyalgia, back pain and stress. ***Class is limited to 15 participants. Sign in required up to an hour prior to the start of class.***