

Class Descriptions

RECREATION CENTER

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.

Cardio Mix: A low-impact aerobics class that fuses 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. A variety of music and dance styles will get you moving and grooving. Forget exercise, you have an invitation to the dance party!

Wednesday Warrior: These timed training workouts will elevate your heart rate while incorporating dynamic balance exercises, strength training, and vertical core conditioning. Class concludes with a full body stretch.

KBKB: 'Kick Butt Kick Boxing' uses martial arts techniques to improve strength, endurance, and balance. The movements and exercises are easy to follow and instruction focuses on form and technique.

Strength & Stretch: This class gives equal time to training 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 risk reduction. All of the exercises use chairs, for both seated and standing exercises.

Intro to Yoga: This introductory yoga class is appropriate for all students seeking the benefits of a relaxing, gentle and restorative practice. 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.

Restore & Renew: 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 and manage pain. The majority of this class is seated and welcomes all fitness levels.

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.

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.

Move to Improve: This exercise class is designed to improve the symptoms associated with Parkinson's disease specifically; strength, balance, multitasking and vocal volume. This program welcomes all those with PD or any type of movement disorder along with caregivers.

ARBOR FITNESS CENTER AND CONFERENCE CENTER

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.

Yoga: Engage your body and mind through yoga postures that build strength and improve flexibility and balance. Yoga mat is recommended.

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, dynamic movement through "clicking" and "drumming" to improve cardiovascular health and build strength.

Strong: Shift your thinking from weight loss to muscle gain for improved posture and function. This class will incorporate various resistance equipment to train all the major muscle groups. Join STRONG to live strong!

Step Interval: This interval style workout is designed to improve strength, build muscle and provide a significant heart rate response. 'Step' up to the challenge in this total body conditioning class.

Dance Aerobics: This workout is low on impact but high on fun. Dance Aerobics is a great way to boost endurance and heart health. All fitness levels are welcome.

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.

Intro to Tai Chi: This class has the 'newcomer' in mind as it introduces the basic movements of Tai Chi. This graceful form of flowing movements unites both the body and the mind and provides a host of health benefits.

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.

**Denotes a fee based class*