

Fitness 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.

Strength & Stretch: This class gives equal time to training strength and flexibility. Several types of resistance training equipment are 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.

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.

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.

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 body, mind and breath through yoga postures that build strength and improve flexibility and balance. Please bring your own yoga mat.

**Denotes a fee based class*