



# FITNESS CLASS DESCRIPTIONS

## RECREATION CENTER

**Brain Power** Exercises that provide brain health benefits. This class prescription combines fitness drills with cognitive challenges. Engage in cardiovascular, strength, and functional training exercises with an added layer of thinking.

**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.

**Zumba™ Gold** A dance style cardiovascular workout that blends high-energy movement to the rhythms of salsa, merengue, 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.

**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!

**Warrior** These timed training workouts will elevate your heart rate while incorporating dynamic strength training, and core conditioning. Class concludes with a full-body stretch.

**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.

**Blended Yoga** Connect body, mind, and breath in a unique class that accommodates all variations of seated, standing, and floor yoga postures. Blend any combination of styles to meet your individual needs. Whether you choose to sit, stand or get down on the floor is up to you. Blended Yoga will help to improve strength, flexibility, and balance. Please bring your own yoga mat.

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

**Intro to Hatha Yoga** This introductory Hatha yoga class welcomes those seeking the benefits of strength and flexibility at a slower pace. This class is suitable for all fitness levels and incorporates floor poses. Please bring your own yoga mat.

**Strength and Stretch** Train your body to function better through improved strength and flexibility. The exercises are performed in multiple planes of motion which mimic how the body moves in everyday life. Several types of resistance training equipment will be utilized to maintain a varied, muscular challenge. Seated and standing flexibility exercises will be incorporated and given equal time and attention.

**S.O.S. "Serious on Strength"** This class incorporates chairs for seated and standing exercises and 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.

**Qigong** 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 connection to mindful movement.

**Tai Chi** This ancient exercise involves fluid and relaxing movements that promote strength and balance. Tai Chi fosters wellness by connecting mind, body, and breath.

## 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 improves cardiovascular fitness, muscular strength and core stabilization. This class requires a flotation belt.

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

**Yin Yoga** Focused on joints and connective tissues, Yin Yoga is a prolonged, meditative practice. The instructor guides participants into specific postures, which are held for longer periods of time. Mats and blocks are available for use. Bring a pillow, blanket or other supports if you prefer.

**Balanced Body L2** Better your balance with a dynamic approach to building core strength, stability, and reaction capability. Balanced Body L2 is a powerhouse of exercises designed to fight falls, promote function and improve performance. You can expect a blend of athletic training with the precision of Pilates. This workout combines standing and floor exercises with equipment.

**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** Join STRONG to live 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.

\*Denotes a fee based class