

RECREATION CENTER

Advanced 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. In this advanced class we will move from intermediate to the more advanced aspects of Tai Chi.

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.

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.

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.

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.

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.

Get Fit While You Sit Improve your cardiovascular capability, strength and flexibility; the majority of exercises are performed seated, optional standing exercises are also included. 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.

Punch Out PD (Parkinson's Disease) A circuit style boxing class designed to help combat the challenges of Parkinson's disease. Boxing requires speed, agility, balance, strength and stamina, Punch Out PD incorporates all of these elements. This class welcomes anyone with a neurological deficit as well as Care Partners.

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.

Remix Bootcamp Work at your own pace as your instructor takes you through a series of cardio and strength training exercises. A full body 'pump' for both muscles and heart health. You will feel strong, powerful and accomplished after Remixed Bootcamp!

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.

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.

VYP Chair Yoga Gain the health benefits of Yoga with the assistance and support of a chair. The chair provides the ability to do both seated and standing yoga postures. This class utilizes the protocol developed by Veterans Yoga Project, which is founded on the principles of traditional yoga. This class is open to everyone who may have had stress or trauma in their lives, especially our veterans and first responders.

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

Zumba™ Toning Zumba Toning combines body-sculpting exercises with high-energy dance moves. Learn how to use lightweight, maraca Toning Sticks (or light dumbbells) to enhance rhythm and tone muscles. Don't miss this calorie-torching, strength-training fitness-party. Toning sticks are not required to participate but will enhance the workout, they will not be provided.

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.

ARBOR FITNESS CENTER AND CONFERENCE CENTER

Beginner Tai Chi TaiChi is an ancient exercise involving fluid and relaxing movements that promote strength and balance. This beginner class will focus on introducing Tai Chi to those who are brand new to the practice.

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.

Intermediate Tai Chi This class is for those who have had some Tai Chi training, feel comfortable with easier forms and are ready to move into middle-level forms, and delve into the inner aspects of Tai Chi.

Pilates Fusion This class promotes strength while developing a longer, leaner body. The focus is improvement of muscular symmetry, alignment, posture, and core strength. Pilates Fusion will help to connect your mind and body, leaving you feeling balanced and restored. This class requires getting up and down from the floor.

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.

Stretch, Flex & Balance This class is designed to help the body come into a 'balance' of strength and flexibility. The stretching techniques will incorporate breath work to encourage relaxation and tension release. The goal is to improve range of motion and establish muscular balance. The stretches will be done standing and on the floor and may use props such as straps, blocks, or stability balls. This class is suitable for all levels and body types.

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.

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.

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