

## RECREATION CENTER

**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 Dance** This chair-based aerobics class is designed to improve stamina and smiles. The dancing exercises are performed seated, and are perfect for those who love music and movement but struggle with traditional dance aerobics. The class will conclude with 15 minutes of toning and stretching. All fitness levels are welcome.

**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.

**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.

**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.

**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.

**SPARC** Stamina, Power, and Resistance Circuits...get Fit Fast! Three, 10-minute circuits will focus on cardio training to improve stamina, power training to boost function and resistance training for more muscle! You will have 10 minutes to complete each of the circuits and 2 minutes of rest in between as you transition to the next station. Fire up your fitness and ignite your SPARC!

**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™ Gold-Toning** Tailored for active older adults who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning takes the basic Zumba Gold dance-fitness party and adds in lightweight Zumba Toning Sticks to enhance muscle strength, tone, and endurance. 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.

**Kardio Kickboxing** Kardio Kickboxing is a martial art inspired group fitness format that is both heart-pumping and exhilarating. Using punches and kicks from self-defense disciplines and traditional boxing, participants will get a great cardiovascular workout. This high energy conditioning class utilizes multiple muscle groups to elevate the heart rate and train participants in speed, agility, and quickness.

**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.

**Roll & Recover** This foam rolling class is a fusion of gentle yoga stretching and self-myofascial release. Foam rolling improves flexibility, reduces muscular stiffness, speeds up recovery, and helps alleviate pain. This is the perfect addition to your other training programs. Please bring your own foam roller.

**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.

**Yin Yoga** This style of yoga focuses on the health and mobility of 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. We recommend bringing your own yoga mat, blocks are available for use.