

**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.

**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.

**Beginner Tai Chi** Tai chi is an ancient exercise involving fluid and relaxing movements that promote strength and balance. This class will focus on introducing tai chi to those who are new as well as those familiar with the practice.

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

**Candlelight Yoga** Join this relaxing and engaging practice to calm the body and mind. The candlelight will create a soothing atmosphere as you move through yoga postures. A unique opportunity to rest and revitalize your body, mind, and spirit.

**Cardio Boxing** Get ready to punch, sweat and smile!! This high-energy, low impact boxing class combines boxing inspired punches and simple foot work for a fun full bodied workout to upbeat music. Improve your coordination, cardio endurance and strength, while burning calories. Light hand weights are encouraged but not required. Come ready to move, laugh and feel your best!

**Cardio Drumming** Get your heart pumping and your spirits lifted in this fun, rhythm-based workout! Cardio Drumming combines upbeat music with simple drumming movements to create an energizing full-body experience. Move at your own pace as you gradually build intensity, while enhancing coordination, boosting endurance, and lifting your mood. No musical experience required.

**Chair Chi** A gentle exercise program developed to help people receive the benefits of traditional tai chi and qi gong in the comfort and safety of a chair. Learning tai chi and qi gong in a seated position allows people who cannot stand or do not feel confident with their balance to participate.

**Chair Pilates** The class will tone the entire body from head to toe while improving balance. The chair is an excellent tool for both seated and standing work. Do not let the chair fool you, this class proves to be a formidable challenge for strengthening the core and toning muscles.

**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.

**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.

**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 while welcoming all fitness levels and capabilities.

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

**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.

**Parkinson's B.A.S.E Camp** A chair will be available to use for assistance and support throughout the class for seated/standing exercises focusing on **B**alance, **A**gility, **S**trength and **E**nergy. The class welcomes those living with Parkinson's Disease, those with a neurological disorder and their care partners/givers.

**Remix Boot Camp** 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 this class!

**Sculpt** This is a full-body workout focused on toning and strengthening through a combination of bodyweight exercises and resistance training. Designed to target all major muscle groups, this class helps build lean muscle, improve endurance, and enhance overall fitness.

**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.

**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.

**Step** This dynamic and fun fitness class will get your heart pumping and muscles working! Our Step class combines upbeat music with a raised platform to deliver a great cardio workout. All levels welcome.

**SPARC** (Stamina, Power, and Resistance Circuits) Get fit fast with three 10-minute circuits that 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!

**Stretch, Flex & Balance** The goal of this class 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** 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.

**Super Circuits** Get a total body workout in this 4-station circuit class designed to improve stamina, strength and power! Students have 8 minutes at each station, with a one minute transition to the next station. This is high intensity, athletic conditioning designed to challenge you.

**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 the Veterans Yoga Project (VYP), which is based 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.

**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.

**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®** A dance style cardiovascular workout that blends highenergy movement to the rhythms of salsa, merengue, cumbia, and hiphop. Zumba's slogan is “ditch the workout and join the party!” If you like to dance, this is a great class for you.