

## Fitness Class Descriptions:

**Aqua-Motion:** Designed to increase balance, strength, coordination and flexibility. Ideal for beginners and those with limitations. Instruction will emphasize the importance of exercising at your own pace.

**Cardio Combo:** This class incorporates low-impact cardio moves (traditional aerobics) with toning exercises using hand weights, resistance bands and the use of stability balls. Be ready to work out AND have fun!!

**Chair Yoga:** This class specializes in helping everyday people learn the basics of yoga. This technique combines breathing with stretches and bodywork (*asana*) to release tension and to re-learn relaxation, thereby reducing pain and stress. The goal is to restore balance and inner peace. This is all done while sitting in a chair. This is a great way to learn yoga and meditation in a relaxed and non-competitive setting.

**Functional Exercise:** This full body workout combines fluid movements to stretch, strengthen and wake up every muscle. The class is designed to improve posture, balance and circulation. Also, to increase your energy level and range of motion. Perfect for all fitness levels as modifications are given for each exercise, and some equipment maybe used. Your body will thank you for making it feel so relaxed, so full of energy and oxygen, and having fun doing it.

**Beginner Line Dancing:** Challenging your physical and mental abilities, line dancing is a fun and social exercise. New dances are added according to class ability. The remainder of each session features dances requested by the students. Classes are structured to allow you to jump in anytime! The Beginner Line Dance class focuses on more hip hop moves.

**Moving & Grooving:** Get your dancing shoes on!! Join in on the fun AND get your heart pumping with an hour of low impact, easy to follow dance-inspired moves. All levels are welcome!

**Resident-Led Intermediate Line Dance:** This class is led by a resident and is for the more experienced line dancers. It focuses more on traditional line dance moves.

**Pilates:** Strengthen your core, improve your balance and posture with this mat workout that includes floor exercises and gentle stretching. Can be modified to fit any fitness level.

**Stay Grounded (previously called Balance & Fall Prevention):** Improve your balance and lower your risk of falling by focusing on specific exercises that will help you gain confidence and help you continue to lead a healthy lifestyle! Fall risk assessments will be given and exercises will be modified to the level that you are. (All Levels Welcome)! Don't let the fear of falling stop you from doing the things you love to do.

**Tai Chi:** The ancient art of T'ai Chi has been practiced for over seven hundred years. It began in China and was originally developed as a fighting style, but today is practiced by millions solely for its health benefits. These benefits include lowering blood pressure, relieving stress, improving balance, strengthening muscles, increasing flexibility and slowing the aging process, to name just a few. There are five major styles of T'ai Chi. We will be learning the Yang Style which is the most widely known and is characterized by large, even, gentle movements. It is quite beautiful to watch and enjoyable to perform. The class will also consist of Qigong (chee-GUNG) exercises which are based on Traditional Chinese Medicine and promote energy for self-healing and well-being.

**Water Aerobics:** A high energy workout alternating a cardiovascular segment with a strength training segment. A variety of equipment will be used to provide resistance.

**Yoga:** YOGA from the HEART Class specializes in helping everyday people learn the basics of yoga. This technique combines breathing with stretches and bodywork (*asana*) to release tension and to re-learn relaxation, thereby reducing pain and stress. The goal is to restore balance and inner peace. The only requirement is to be able to get down on the floor. This is a great way to learn yoga and meditation in a relaxed and non-competitive setting.