

## Class Description

### CARDIO/STRENGTH

- **Cardio & Strength** - Maintain your cardiovascular endurance & learn how to use various equipment to increase muscle strength.
- **Silver Sneakers® Circuit**-Combine fun and fitness to increase your cardiovascular & muscular endurance with a standing circuit workout.
- **Silver Sneakers® Classic** - Move to music through a variety of exercises designed to increase strength, range of movement and activities of daily living skills. A chair is used for seated and/or standing support.
- **Spinning®**-A high intensity workout designed to challenge the most experienced, but easily modified for beginners. For the best spinning experience new students should arrive 10 minutes prior to the start of class for bike set up and brief orientation.
- **Bootcamp Conditioning** – An intense full body circuit workout using various equipment and your own body weight. Standing/seated modifications for floor exercises available.
- **Total Body Conditioning**-A complete cardio interval & strength workout using weights, bands & stability ball. Standing/seated modifications for floor exercises available.

### STRENGTH/SCULPTING

- **Core Strength & Stretch** - Includes a series of floor exercises that will sculpt, strengthen & stretch the muscles from your hips to your head.
- **Strictly Strength** - A full body sculpting and toning class using your own body weight, free weights and other equipment. Standing/seated modifications for floor exercises available.
- **Strength & Conditioning** – Designed for the active adult. This workout will increase your endurance and muscular strength.
- **Silver Sneakers® Balance & Stability**- A class designed for the active adult for fall prevention by improving strength around the ankle, knee & hip joints. Exercises are not designed for those needing a cane/walker for stability during class.

### PILATES/YOGA

- **Yoga** - Increase your strength & balance utilizing traditional flowing poses, including standing & restoration on the floor for relaxation.
- **Yoga Silver Sneakers®** - Enjoy the benefits of yoga while seated in a chair. This class is open to everyone and offers greater comfort and support for those who are uncomfortable on the floor
- **Pilates®** - A regimen of mat exercises to strength your posture, core muscles & improve flexibility.