



## Class Descriptions

**Barre Strength** - Strong focus on posture, balance, joint stabilization, and secondary muscle endurance using ballet positions programmed to fun music. Improve your balance, lengthen and strengthen your muscles as well as your core, all from the comfort of your home. The only equipment necessary is a chair or counter to for stability. Please wear comfortable clothes, sneakers, and have a water bottle nearby.

**Body Weight Strength** - Designed for beginners and intermediate students. Come as you are. A creative, non-competitive do your best training format. We will be focusing on building whole body strength and increasing your endurance with just your own body weight. A no weights class, you can participate in this wherever you are! Participants need to be able to go from standing to lying down positions in this class.

**Chair Yoga** - Chair Yoga is for Every Body! If you've never experienced Chair Yoga, now is the perfect time to try! Chair yoga is an accessible form of exercise that can benefit everyone, including those of us challenged by the up-and-down motions of traditional yoga. In chair yoga we focus on building strength, stability, balance, and having fun. Acknowledging uncertainty can create anxiety, yoga provides an excellent means to connect with your inner landscape to calm your nervous system and lower stress.

A few tips to keep in mind:

1. Wear comfortable clothes.
2. Bare feet are preferable or skid-proof socks.
3. Solid footing under your chair is important. Use your yoga or exercise mat, or carpeted floor.
4. A blanket can help offer padding on a hard seat.
5. Yoga blocks or books can help extend your reach, if needed.

**Essentrics™** - (A.k.a. Classical Stretch on PBS) is a dynamic stretching and strengthening exercise program which targets all 650 muscles of your body including those in your neck, fingers and toes. It's designed to pull the joints apart by elongating the muscles and challenging them in a lengthened position. It is a completely original technique that draws on the flowing movements of Tai Chi, which is aimed to improve balance and overall well-being. It also incorporates the strengthening theories behind Ballet, which create long, lean flexible muscles. In addition, it includes the restorative principles of Physiotherapy, which create a pain-free body. It also includes elements of Barre, Yoga, and Pilates. Essentrics class is fun! It is practiced to music, and no movement is ever held, which means it helps improve circulation aiding in its healing properties. Recommended equipment: A mat, blanket, strap (stretch band), and chair for balance.

**HIIT** – HIIT, or high-intensity interval training, is a training technique in which you give your all, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. This class will feature a variety of circuit stations with weights and cardio activities for the entire body. Come tone and tighten different muscle groups! All fitness levels are welcome. HIIT can be completed with no equipment using your own body weight. A set of light to medium weights and bands are recommended but modifications will be provided during the workout in case you don't happen to have any equipment available.

**Mobility, Strength & Balance**- Improve your mobility and balance while strengthening your muscles, with low impact exercises that require little to no equipment. This class will provide functional training for everyday activities and help expand your ability to do more on a daily basis.

**Mat Pilates** -- Mat Pilates is taught on an exercise mat and focuses on developing core strength, balance, stamina and overall flexibility, without adding muscle bulk. Additionally, this core-strengthening class can help improve lower back health and reduce pain. Students can expect to focus on spinal alignment while performing deep breathing patterns. All fitness levels are welcome.

**SAIL – Balance & Fall Prevention** - Stay Active and Independent for Life (SAIL) is a 60-minute strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly.

**Senior Strength** - This total body workout uses light resistance exercises to help maintain or rebuild strength that may have been lost through the aging process. This class helps older adults with balance, coordination, agility, flexibility and strength. The dynamic combination of strength development and cardiovascular conditioning will help the active older adult maintain bone health and overall well-being.

**Tai Chi** - Tai chi is low impact form of exercise that puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. Tai Chi was originally used for self-defense and is a graceful form of exercise that is used for stress reduction and helpful to improving stamina, balance, and strength. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. All fitness levels welcome, no equipment required.

**Yoga** - Yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion.

**Zumba Gold**<sup>®</sup> – Zumba Gold<sup>®</sup> is designed for active older adults or those looking for a low-impact workout. The design of the class introduces easy-to-follow Zumba<sup>®</sup> choreography that focuses on balance, range of motion, and coordination. Students can expect to focus on cardiovascular health, muscular conditioning, flexibility, and balance all while enjoying high-energy international beats music. This class is designed for seniors who are looking for a modified Zumba<sup>®</sup> class that recreates the original moves you love at a lower-intensity. No dance background is needed.