

Older Adults

Group Exercise Class Description



Studio 1 & 2 Downstairs

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and / or standing support.

MUSCULAR STRENGTH: Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance; and a chair is used for seated or standing support.

YOGA STRETCH: Move your whole body through a series of chair supported yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

ZUMBA GOLD® - a light version of Zumba®, this class is a slower cardiovascular workout to international rhythms, great for beginners.

YOGA FLOW- A combination of Yoga Flow (Moving with each breath while doing the asanas (poses). Gives you an endurance workout with the stretching and toning of traditional yoga. For all ages and levels, we modify poses as needed. Classes include meditation.)

TAI CHI- An ancient Chinese form of moving meditation. The slow movement provides the opportunity to relax as you strengthen your body without the risk of strain or injury. Improves balance, concentration, flexibility, heart and lung function and also strengthens bones, muscles and joints. The class is done in standing position-no mat work.

IYENGAR YOGA- Work on balance and stability, slow down your heart rate, lower your blood pressure and reduce stress.

TAI CHI FOR HEALTH – Endorsed by the Arthritis Foundation, this class allows the student to become more aware of his or her body movement. It encourages movement of the joints in a slow gentle manner, and allows the body and mind to become relaxed.

STRETCH FOR HEALTH – appropriate for all ages and levels of fitness. Learn basic controlled stretching techniques, with a mind/body connection. Helps to release tension, to increase flexibility, and to stimulate circulation.

HATHA YOGA- Start your day with an invigorating yoga class. This is a one hour class suitable for all fitness levels.

ACT– Activities Through Cancer Treatment and Beyond – An exercise and wellness program dedicated to the recovery of all cancer patients. A class that includes cardio work, strength work, flexibility and relaxation.