

# 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.

**CARDIO CIRCUIT:** Increase your cardiovascular and muscle endurance power with a standing circuit workout, alternating non-impact aerobic exercise with upper-body strengthening exercises using elastic tubing, hand-held weights and a ball.

**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.

**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.