

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.

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.)

BALL AND BAND CLASS- A basic ball class with strength and endurance components offered via the use of hand weights and resistance bands.