

Fitness Classes

<p><u>Beginning Yoga \$20/month</u> 5:30 pm – 6:30 pm; Tuesday and Thursday. Suitable for the true beginners or those who have had some experience. It can help you have a toned, flexible body while improving your cardiovascular and circulatory health.</p>	<p><u>Pilates \$20/month</u> 2:00 pm – 3:00 pm; Tuesday and Thursday Pilates uses slow focused movements to improve abdominal and back strength and tone all the major muscle groups. This class will strengthen "core" muscles which support the back and improve balance. Previous exercise experience recommended.</p>
<p><u>Fitness Fusion \$25/month</u> 9:00 am – 10:00 am; Monday, Wednesday, Friday. This class contains all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and yoga for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body.</p>	<p><u>SilverSneakers® – Cardio Circuit.</u> 1:30 pm – 2:30 pm; Monday, Wednesday, Friday. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.</p>
<p><u>Fun Interval Training (F.I.T.) \$25/month</u> 10:00 am - 11:00 am; Monday, Wednesday, Friday. This fun, moderate intensity class uses circuit and interval training which alternate short segments of cardio and strength exercises to provide a balanced workout. The last 15 min. are performed on a chair, ball or mat for abdominal strengthening and overall stretching.</p>	<p><u>SilverSneakers® – Muscular Strength & Range of Motion.</u> 11:00 am – 12:00 pm; Monday, Wednesday, Friday. Have fun and move to the music through a variety of exercises designed to increase your 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.</p>
<p><u>Hatha Yoga \$20/month</u> 1:00 pm - 2:00 pm; Tuesday and Thursday This class is appropriate for experienced students. We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses.</p>	<p><u>SilverSneakers® – YogaStretch.</u> 9:00 am – 10:00 am; Tuesday and Thursday. Move your whole body through a complete series of seated and standing yoga poses. Safely perform postures designed to increase balance and flexibility. Breathing exercises and relaxation promote stress reduction.</p>
<p><u>Parkinson's Exercise Class FREE</u> 11:00 am – 11:45 am; Tuesday and Thursday. This class is designed for individuals with movement disorders such as Parkinson's Disease and consists of stretching, strengthening, balance, breathing, and vocalization. Caregivers are encouraged to participate and assist with exercises as needed. This class is not intended to replace therapy and is not medically supervised.</p>	<p><u>Slow and Easy Yoga \$20/month</u> 3:00 pm - 4:00 pm; Monday and Wednesday. This class is great for beginners. No experience necessary. This class will be a slower, gentler mix of yoga and pilates where you will practice details of poses and learn safe practice techniques while still being challenged by new variations of poses.</p>
<p><u>PEPPI (Peer Exercise Program Promotes Independence) FREE</u> 10:00 am – 11:00 am; Tuesday and Thursday or 12:00 noon – 1:00 pm; Tuesday and Thursday. This class introduces you to exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, come to PEPPI.</p>	<p><u>Tai Chi \$25/month</u> 12:00 pm – 1:00 pm; Monday, Wednesday, Friday This class will emphasize slow and relaxed movements, coupled with free breathing, mental focus and correct body use to make it an excellent tool for self healing and development. Tai Chi can increase bone mass density, lower blood pressure, increase stability, increase range of motion in joints and increase immune system efficiency.</p>