

AQUATIC & FITNESS Center

Group Exercise Class Descriptions

Aqua Fit	Utilizing the buoyant, stable qualities of water to enhance physical fitness, this class is designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. Great for those with arthritis, recovering from an injury or surgery, and those looking for a little more challenge in the water.
Aqua Yoga	This light-hearted yoga flow is designed around the healing benefits of the warm water and is designed to strengthen and improve your physical balance and overall well-being.
Aqua Zumba	Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during and the water creates natural resistance to increase strength.
Basic Water Fitness	Great low impact water aerobics class designed to increase range of motion and help you get an active start to your day! Great for those with arthritis, recovering from an injury or surgery, and those who have never tried water fitness before.
Bootcamp	Combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Must be able to get up and down from the floor.
Brain Fitness	This class is designed to help residents fine tune their cognitive skills of memory, focus, and processing speed. Class incorporates fun and interactive brain exercises.
Chair Pilates	Chair Pilates is designed for those interested in Mat Pilates but uncertain of their readiness and/or ability to get up and down from the floor. Not only can Chair Pilates serve as a precursor to Mat Pilates; but continues to creatively capitalize on the wide range of stretch & range of motion moves given the recipe of a chair + special props; i.e. Magic Circle, Thera-bands, balls, and stretch-loops. Chair Pilates is also a lot of fun.
Chair Yoga	Access the benefits of yoga breathing and postures from the support of a chair. Appropriate for a wide range of fitness and health levels. Safe and comfortable for maintaining, building or rebuilding strength, flexibility, balance and vitality. Useful for developing body awareness and provides options for day to day use.
Challenge Fitness	Cardiovascular and total body weight training to improve endurance. Focuses on strengthening arms and legs. Good for beginners. Must be able to get up and down from the floor.
Complete Fitness	A less structured cardiovascular and total body weight training class to improve endurance. Focuses on strengthening arms and legs. Good for beginners. Ability to get up and down from the floor is recommended.
Complete Yoga	Fun and engaging, this class is for both beginners and experienced yogis. It is ideal for those wanting to bring more balance into your life (mind, body and self). Emphasis will be placed on your physical balance, muscle strengthening, flexibility and bone density improvements. A relaxing 15-minute guided meditation focusing on our breath will be offered at the end of the class.
Functional Fitness	Light cardio for the first half of class. the second half incorporates balance exercise, strength training and light stretching. A strength improvement class to help you improve your ability to perform activities of daily living! Must be able stand for long periods of time. No need to get up and down from the floor.
Let's Move	Come as you are and move the way you want to move. This class is designed to encourage movement of any and all kinds. All mobility and fitness levels welcome! You can do it sitting or use a cane/walker. No experience or sign-up required.



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<p>Line Dance <i>(Beginning)</i></p>	<p>This class will help you improve your balance and stability as well as strengthen your legs and brain. No partners necessary. No experience or sign-up required!</p>
<p>Moving Meditation</p>	<p>Moving meditation is mixed level and there is not one particular focus. Overall conditioning with balance and mental fitness. Suitable for most ability levels. Must be able to get up and down from the floor.</p>
<p>Nordic Walking for Balance/Fitness</p>	<p>A unique fitness class that teaches you how to incorporate Nordic Walking poles into your everyday routine and provides full body strengthening. Balance and fitness classes available. This is your opportunity to gain balance, coordination, confidence in walking, strength in your muscles, endurance in your lungs, and improved posture.</p>
<p>Parkinson's Exercises</p>	<p>Improve physical and daily functional fitness for individuals with Parkinson's disease.</p>
<p>Pilates Mat</p>	<p>Draws from physical therapy, acupressure trigger points and yoga, with an emphasis on internal core muscles, abdominals, waist, lower back, inner and outer thighs, glutes, and more. Pilates addresses and adapts to any body's need, increasing strength, flexibility, muscular endurance, coordination, balance, healthy spine and good posture. All of this with a much lower chance of injury than with other forms of exercise. Recommended you can perform floor exercises.</p>
<p>Strength & Tone</p>	<p>This class will focus on strengthening and defining all of the major muscle groups in the body.</p>
<p>Stretch & Strength</p>	<p>Mostly seated exercise focused on balance & upper/lower body strength. Uses resistance bands and small hand weights. Great for beginners or those who cannot get up and down from the floor.</p>
<p>Tai Chi</p>	<p>This is a healing martial art that combines many martial arts movements, breathing, and stretching techniques to help improve balance and cardiovascular fitness. Must be able to move without help from cane or walker.</p>
<p>Tai Ji Quan: Movement for Better Balance <i>Part 1 & 2</i></p>	<p>Different from Tai Chi, this scientifically proven fall-prevention program offers an integrated training experience in motor-sensory-cognitive systems and postural control. The ultimate goal is to reduce falls. It is recommended by the Administration for Community Living and the National Council on Aging. Must be able to move without help from cane or walker.</p>
<p>Tap Dance <i>(Beginning)</i></p>	<p>This fun and friendly class will have you tapping your toes and improving your balance, stability, and posture. Learn it standing, sitting, or with your cane/walker. Tap shoes recommended. No experience required!</p>
<p>Water Aerobics</p>	<p>Utilizing the buoyant, stable qualities of water to enhance physical fitness, this class is designed to provide cardiovascular conditioning and fitness while having fun. Great for those with arthritis, recovering from an injury or surgery, and those looking for a little less challenge.</p>
<p>Water Volleyball</p>	<p>Have fun and be active. Water volleyball is great for strength, endurance, balance, and coordination. Try not to have fun! No experience or sign-up required.</p>
<p>Yoga 1</p>	<p>Beginning yoga poses and flows to enhance breathing, endurance, flexibility, strength and balance while developing body awareness. Must be able to get up and down from the floor.</p>
<p>Yoga 2</p>	<p>Yoga poses and flows to enhance breathing, endurance, flexibility, strength and balance while developing body awareness. Must be able to get up and down from the floor.</p>
<p>Zumba Gold</p>	<p>Latin inspired dance fitness class that works on improving balance, endurance, muscle tone and cardiovascular fitness. No previous dance experience required. Can participate seated or with a cane/walker.</p>

