

Seniors Classes Descriptions

Restorative Yoga – This class incorporates the use of props (though not required for class) to support the body in various poses. Along with deep breathing techniques & meditation, supported postures are held longer to encourage deep relaxation. All levels welcome. If you have blankets & a bolster, please bring (again, not required).

Senior Boot camp - Get all the benefit and variety of activity with lower intensities and fewer repetitions; focus on dynamic balance, coordination, speed, agility and power, which will increase performance and prevent falls.

Senior FLOAT- Take 30 minutes to RELAX & BREATHE while working on balance, flexibility, mindfulness & more focused, gentle explorations designed to optimize skilled movement & reduce stress to leave you *floating* after class.

Senior Impact+Step – This easy on the joints class uses a combination of low- & moderate-intensity moves. The addition of 15 minutes of step aerobics (step optional) on Tuesdays enhances leg power. Faster, stronger legs are critical for improved balance & prevention of falls.

Senior Strength – Resistance training to improve functions of strength, balance, speed, agility & coordination.

Senior Yoga - Learn traditional yoga asana (postures), some breath work, & some meditation. Taught at a slightly slower pace than our other classes, with more time to experience the effect of each asana, with the intention of gentle movement for the body.

Tai Chi – A form of meditation which incorporates slow movement characterized by the use of leverage through the joints. It is based on muscular coordination with relaxation & is intended to improve the mind, balance, strength & internal circulation.

Aqua Class Descriptions

Aqua Cardio/Aqua PM - Enjoy water exercise that provides cardio, strength and toning benefits. May use buoyant or resistive equipment. The class ends with flexibility and stretching. Water lowers impact on joints so is great for people with joint issues. Designed for all levels, all people.

Deep Definition – With the assistance of buoyant equipment, this non-impact class is done completely suspended. Exercises focus on core and increasing cardio, toning and flexibility. Resistance equipment may be used to increase strength. Students must be comfortable in deep water.

Arthritis – Approved by the Arthritis Foundation this class focuses on flexibility and range-of-motion. We move every joint with a goal to reduce/prevent pain around that joint. Easy walking is done to provide cardio benefits. Water adds resistance that improves strength without equipment. Classes designed for all ages that have arthritis, joint, or pulmonary issues. Also beneficial for post-rehab students. Socialization is encouraged.

Arthritis Plus – Same as the Arthritis class with added minutes for cardio and suspended work. This Arthritis class moves slightly faster and is meant to be a step-up for those arthritis students who want a little more.

Aqua Fit – Shallow water workout which focuses on cardio for the entire 45 minutes. Stretching is done at the end. Students can work at their own pace but are encouraged to keep their heart rate in their target zone.