

CLASS DESCRIPTIONS

Chair Yoga Enjoy exploring your range of motion with postures that increase flexibility, circulation, balance, and strength! With no getting up and down from the floor, chairs are used as a prop for seated and standing positions. Ends with breathing practices and silence. Great for people who sit a lot at home, work, or on the road, or need modifications. This is a **beginner** level class.

Silver Classic This class will have you moving to the music through a variety of exercises designed to increase muscle strength, flexibility, and range of movement using weights, bands and balls. A chair is used for seated exercises and standing support. This class is suitable for **beginning to intermediate** skill levels.

Zumba Sentao Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **Zumba Sentao** uses a chair as a prop and can be modified for **all levels**.

Tai Chi Tai Chi is characterized by continuous movements that are gentle, slow and focused. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class incorporates balance, breath and awareness and is suitable for **all levels**.

Silver Circuit The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. Although this class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants, this is considered **beginner to intermediate** level class.

Standing Strong Stabilize before you mobilize! This is a fitness class that provides a combination of exercises for the total body that will support your core, increase flexibility, improve balance, tone your muscles, and strengthen your bones! This class is suitable for **intermediate to advanced** levels.