

Aquacise: 60 minutes Water Aerobics, cool, refreshing, toning way to lose weight

Free for Members, \$5 for Non Members

20/20/20: 20 minutes cardio, 20 minutes wts/abs, 20 minutes PIYO (Pilates/Yoga mix)

Free for Members, \$5 for Non Members

Cardio Kickboxing: Jabs, Punches, and Hooks set up to lose weight & tone muscles

\$2 for members, \$5 for Non Members

HIIT: 45 secs. High Intensity w/ 20 secs rest, abdominal work at end

Free for Members, \$5 for Non Members

SS Circuit: (SilverSneakers®) Designed for the senior that needs more cardio w/strength training

SS Classic: (SilverSneakers®) Designed specifically to address the needs of older adults to improve agility, balance, coordination and strength. Can be done standing or seated

SS Yoga: (SilverSneakers®) Older Adult group exercise class that specifically targets flexibility, range of motion, balance and mind-body integration. Can be done standing or seated.

Get Fit, Get Wet: water aerobics with a splash of FUN (4 week class) Mondays & Thursdays @ 7pm

\$20 members, \$33 non members

Wts/Abs: Upper and Lower Body toning exercises with weights/bands, etc.

Free for Members, \$5 for Non Members

Zumba: Dance the lbs away and have fun---***COMING SOON***