

## CLASS DESCRIPTIONS

**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 Member

**\*Aqua Night:** water aerobics with a splash of FUN (4 week class) Tuesdays & Thursdays @ 7pm

**\$20 members, \$33 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.

\* **Tai Chi:** Relieves arthritis pain and improves balance

**\$5 a class or 8 classes for \$35, Non Members \$8 a class or 8 classes for \$56**

**\*TRX:** (Total Resistance Exercise), ALL Core is working while you are working other muscle groups

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

Free for Members, \$5 for Non Members

**\*means extra cost for member and non members, check with Fitness Desk for cost**