

CLASS DESCRIPTIONS

<u>Aquacise:</u>	60 minutes Water Aerobics, cool, refreshing, toning way to lose weight, <u>Free for Members, \$5 for Non Members</u>
<u>Flow Yoga:</u>	Yoga poses and stretches done on the floor (upstairs room over the gym), <u>\$2 for SS, \$5 for Members, \$8 for Non Members</u>
<u>Interval:</u>	Step Aerobics alternating with weight training <u>Free for Members, \$5 for Non Member</u>
<u>Line Dancing:</u>	Have FUN and learn some simple Line Dances <u>Free for Members, \$5 for Non Member</u>
<u>*Masters Swim:</u>	<i>Members of USMS & Aquatics members ask Fitness Desk for more info</i>
<u>*PT w/Pilates:</u>	Personal Training with Pilates, Focus on CORE, Abs and Back (must see Toni Reece for this class)
<u>PILATES:</u>	Insight into the Pilates Principles in a Pilates Mat Class, Focus on Core Strength, <u>Free for Members, \$5 for Non Member</u>
<u>REC FIT:</u>	Cardio Fitness with Strength Training and Core workout, <u>Free for Members, \$5 for Non Member</u>

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.

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

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

ZUMBA®: Dance to the Latin Beat and more, *exercise without feeling like exercise*

\$5 for Members, \$8 for Non Members

*means extra cost for member and nonmembers, check with Fitness Desk for cost