



CLASS DESCRIPTIONS

AquaFIT water aerobics: Aquatic exercise is a low-impact activity that uses water to take the pressure off your bones, joints, and muscles. Water is a natural resistance, which helps strengthen your muscles. Can't swim? Don't worry! Aqua-FIT class is performed in chest-deep (or shallower) water and designed for all swim and fitness levels. Benefits of aquatic exercise include: low/no impact on joints, decreased muscle soreness, improved muscular endurance, improved core strength, improved flexibility, and burns calories.

Bootcamp: This non-military style class will benefit all fitness levels and ages. Utilizing a variety of exercises provides for total body conditioning, including cardio, weight training, balance and flexibility training. It's always an adventure, and you'll always have fun! All workouts will offer options for either taking the intensity up or down for any exercise. Please bring a mat and water bottle.

DanceFIT: Do you love to dance? This is the class for you. Enjoy dancing to songs from the 50s, 60s, and 70s. All fitness levels will benefit.

SeniorFIT Cardio-Dance & Strength: A combination of low-moderate intensity cardio-dance moves mixed with strength training exercises. Music from many eras and genres will get you moving! Participants should be comfortable with directional traveling, stability, and balance. 45 minutes.

StretchFIT (yoga/Pilates): A mat-based, gentle stretch class that moves through a series of poses designed to increase strength, flexibility, balance, and range of motion. A focus on all major muscle groups provides your body to feel better, prevent injury, and increase range of motion. All exercises are developed with modifications that can make a workout safe and challenging for a person at any age and fitness level. Please bring a mat and water bottle.

***SeniorFIT 1:** Beginner exercisers are encouraged to start with this foundational class. The Circuit/Interval Training format is used with each exercise performed at one-minute intervals. This class alternates low-impact aerobics with upper body strength training exercises utilizing hand-held weights, resistance bands and a ball. Flexibility exercises and balance/coordination exercises are also included. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

***SeniorFIT 2:** The Circuit/Interval Training format is used in this low-impact class. Exercises will include: low-impact aerobics, resistance training, strength, balance, flexibility & coordination. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

***SeniorFIT 3:** Have fun and move to the music. This class consists of low-impact aerobics with easy-to-follow choreography, strength training, flexibility exercises, and balance/coordination. Hand-held weights, resistance bands, and a ball are offered for resistance. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

***SeniorFIT classes:** Please contact [Katie Rhoades](#) for space availability in these classes.

SilverSneakers members welcome, please visit www.silversneakers.com to verify eligibility.