



# Drop-In Group Fitness Class Schedule



**AOA Functional Strength & Coordination:** Strengthen your body to live a healthier lifestyle. This class is geared towards **older adults**. We will use a five segment format to help with cardio support, coordination, functional strength, mobility and range of motion.

**AOA Stability & Mobility:** This format is specifically for **older adults**. This class will help you become stronger and improve balance with a combination of SilverSneakers® Stability class elements.

**Barre Blend:** Get a total body workout that incorporates movement from yoga, Pilates, and functional fitness training. This low intensity format focuses on arms, legs, glutes and core using high repetitions and light weights. You are sure to feel the burn in this class!

**Body Work:** Muscle strength and endurance training to tone and shape your body. No fancy choreography here, just challenging body work!

**Cycle 45:** A low-impact indoor cycle class that is great for the novice, as well as the competitive tri athlete! Increase your aerobic/anaerobic capacity, burn calories and jump-start your metabolism. **PICK UP TAG AT FRONT DESK!**

**Cycle & Core:** Intervals of cycling and off the bike core exercises will help you get an amped cardio and core workout! **PICK UP TAG AT FRONT DESK!**

**Fit Rx:** This recreational class is for ANYbody (beginners to AOA's) wanting *lower-impact, with moderate to intermediate* exercise intensity levels. Class will incorporate weights, aerobics and stretching to directly improve all aspects of physical fitness.

**Flow Yoga:** This class uses postures and stretches in combination with the breath to develop flexibility and relaxation. Paying special attention to proper alignment of the body to bring balance, strength, and calmness into our lives. All levels welcome.

**Hatha Yoga:** This yoga practice is a gentle hatha flow, friendly for those with wrist or shoulder issues. There are no sun salutations or vinyasas in this practice, just strong steady flow from posture to posture with focus on strength, openness, stillness, awareness and breath.

**HIIT Sculpt:** In this high intensity full body workout you will move at a rate that is ideal for calorie burning. With a mix of body weight exercises, athletic cardio moves and strength training, you can expect to be challenged in a different way each class!

**Kids Yoga:** Your kids can experience the benefits of yoga too! This specialty class is designed with just kids in mind. Find balance, improve coordination, work on large motor movements, increase flexibility, build self-esteem and most importantly, have fun! **Class held 2x a month - Sept. 16 & 23, Oct. 7 & 14, Nov. 4 & 11, Dec. 2 & 9**

**Mindful Yoga:** This practice is geared towards those new to Yoga or those wanting gentle movement, stretches, breath work and/or relaxation. This slower-paced class helps the body release tension, calm the nervous system, and restore the balance of body and mind. Straps and foam rollers are used to stretch major muscle groups.

**SS® Classic:** This SilverSneakers® format is specifically for **active older adults**. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**SS® Enerchi** This SilverSneakers® format is specifically for **older adults**. A class format incorporating Tai Chi and qigong principles. You will learn the foundations of weight transfer, rhythmic movement and awareness of breath. Linking forms together in a guided flow to help increase strength and vitality.

**SS® Splash:** This SilverSneakers® format utilizes the physical properties of the water to enhance agility, range of motion and

cardio vascular conditioning while using a water tools to develop strength, balance and coordination.

**SS® Yoga:** This SilverSneakers® format is geared towards **active older adults**. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

**Strength Circuit:** In this workout you will cycle through several exercises targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance. Come prepared to work hard!

**Strictly Strength:** This class is for anyone who wants to develop muscular strength and endurance. We will hit every major muscle group using a variety of resistance equipment (balls, bands, barbells, weights and more).

**TBC (Total Body Conditioning):** Get the best of both worlds; muscle strength and endurance and cardiovascular endurance. Class will also include balance and core work for a well-rounded workout.

**Tai Chi:** Working through the Yang 24 Short Form. This format challenges balance and cognitive skills while flowing through the 24 movement sequence. Tai Chi experience is encouraged.

**Vinyasa Yoga:** Links breathing and movement in a continuous rhythmic flow using the breath as a guiding force. Vinyasa Yoga emphasizes near-constant motion, with movements which are seamlessly strung together.

**Zumba®:** Zumba is perfect for everybody and every body! Each class is designed to bring people together to sweat it out. Combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. Enjoy boosted energy and a serious dose of awesome each time you leave class!