



Wellness Class Descriptions

Aquatic Fitness

Water is one of the best environments for exercise due to its natural properties. The hydrostatic pressure of water naturally helps reduce inflammation, while providing 3 dimensional resistance to work the muscles in all planes of motion while challenging balance. It allows for a low impact resistance workout for the entire body. The class starts with a functional warm up, followed by a portion dedicated to flexibility, balance and proprioception. We then move into strength and cardio conditioning using aqua equipment (which are easier on the joints), including optional cardio interval drills. This class is for all fitness levels with modifications offered when needed.

Body Work & Wellness

Are you noticing symptoms you did not have when you were younger, or have any physical conditions? In this class, your goals are taken into consideration. It will include yoga poses tailored to your own physical ability that are designed to strengthen your bones, increase flexibility, and to maintain or gain muscle mass. This class provides a safe, supportive, and energizing environment to work on your personal goals including reducing physical symptoms, strengthening and aligning your body, and improving posture and balance; ultimately preventing falls and further long term wear and tear on your body. Exercises are in a chair and standing, with available modifications.

Light & Low

Great for beginning senior exercisers or for people who have difficulty standing for long periods of time. Participants use light hand weights to increase circulation, joint mobility, range of motion, muscular strength, and flexibility. Most exercises are performed in a chair; some standing exercises are also included for those who are able.

Pilates

A combination of chair and standing Pilates, balance work with occasional strength training, and light dumbbell and resistance band work

Tai Chi

This class focuses on a system of gentle, graceful movements practiced with mindfulness toward alignment, deep breath cycles, and a calm, meditative state

Total Body Workout

Designed for advanced exercisers and set to fun music, this class emphasizes on movements that will keep you strong for everyday activities. We use dumbbells (weight of your choice), resistance bands, and soft balls for our strength workouts. Participants should be ambulatory and have fairly good balance. Cardio exercises are performed while standing and strength exercises are performed while sitting.

Stretch

Work on breathing and stretching. Giving your muscles the length they need to keep elasticity and limberness. Enjoy learning how to sit and stretch all the parts of your body.