

# CLASS DESCRIPTIONS



## Silver Sneakers Classic Light

The design of our Silver Sneakers Classic Light class, taught by instructor Cindy Atkinson and Monica Holman, is to work on increasing muscle strength, flexibility, and core strength to help your balance all while using your own body resistance, light weights, and exercise bands! Using a chair as an option, the class works with light weights and resistance bands to give you a workout without having to be on your feet. This lessens the impact of exercise on your joints. We recommend this class especially for those with arthritis, as this class has less pressure on joints. This low-impact exercise is perfect for older adults to build strength and stay active.



## Silver Sneakers Classic

This class is designed for ages 55 plus; however, all adults with the desire to gain core strength are welcome to join. Guided by certified instructor and personal trainers Jaymi Wells and Laurie Browning, each participant will learn the importance of stretching and building core muscles for the improvement of body stability. With the aid of chairs, exercise balls, weights and bands, participants can safely and easily improve their core health for better stability and mobility helping to safe guard against injuries due to falling.



## Barre

Barre combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.



## Tranquil Yoga

A gentle class, taught by Rena Norman, focusing on flowing from pose to pose and linking the movement with the breath. The instructor will offer a variety of modifications to encourage participation of everyone. We do sitting, standing, and also suggest challenging variations to all levels based on their skills and abilities. This is a fun and non-intimidating class for all levels. Beginners welcome!



## Funk-tional Yoga

This class is a gentle, mindful practice for the body, mind and spirit. This nurturing, less strenuous style includes slow stretches to increase flexibility, balance, and range of motion. All postures are taught at a relaxed pace, linking breath and movement. Instructed by Nicci Funk. Any level of participant is warmly welcome.

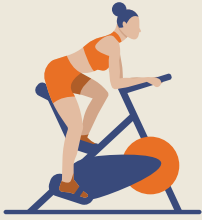


## Cardio Ab Blast

This class is taught by Ayanda and targets increasing heart rate on intervals with a combination of core exercises. This class uses body weight exercises, treadmill and even the track while moving at your own pace. It is suitable for beginners, intermediate, and advanced.



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## Indoor Cycling

This class will provide a structured workout that will benefit riders of all levels. Pedal through hill climbs, springs, and many other drill and exercises. Certified Spin Instructor, Adrienne Belliveau, is an experienced Cyclist and Triathlete that will deliver fun and challenging workouts that improve strength and aerobic fitness.



## LunchCrunch

We are all crunched for time with our busy schedules. Join us for Lunch Crunch with this quick 30 minute class for all levels. Certified personal trainer Isaac Spilker will lead you through a series of both strength training and cardio full body movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished during your lunch break!



## Intro to Weightlifting

Barre combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.



## POUND Fitness

POUND® taught by certified instructors Dache Hunt and Ashley Wilson, is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.



## Pilates Fusion

Progressive fitness class designed to condition the body with exercises rooted in Pilates, drawing influence from yoga and dance techniques



## Zumba

Get ready to party yourself into shape! Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™ that will leave you wanting more! Dance your way to a body you love. Taught by certified instructor Dache Hunt.



## Body Groove

An invigorating, exhilarating, liberating, and calorie burning dance party that will have you addicted from the first beat! This workout flies by with fun moves, great music, and an environment unlike any other exercise class. Easy to follow movement is taught so even a beginner can feel confident and comfortable.



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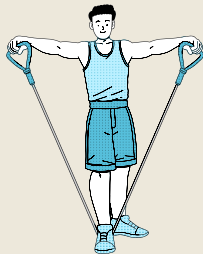
## Kickstart

"Kickstart" your interval training with Dache as she leads you through alternating periods of higher and lower intensity exercises to improve stamina and strength.



## Afternoon Delight

A Vinyasa based class, taught by Nicci Funk, in which movement is linked with the breath, using a variety of postures to cultivate balance, strength, flexibility, and endurance, while also learning to quiet the mind to find inner stillness and peace. An optimal way to distress reconnect with the body, and calm the mind after a hectic work day.



## Fun2Fit Advance Classic

Take your Silver Sneakers Classic fitness to the next level with cardio, strength training, and stretching. Taught by certified instructor Laurie Browning this class will be Fun while you get Fit. (This class may do floor work.) Don't forget to come with a smile!



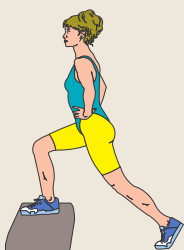
## Total Body Reset

Total Body Reset is a high-intensity physical training in which short periods of extremely demanding exercises are alternated with short periods of rest. This is a Tabata style workout class. The workouts have combination of upper body, lower body core and cardio segments. The class accommodates beginners, intermediate and advanced.



## Fit & Tone

Fit and Tone is segmented with cardio, core, upper body & lower body. It is designed to overload the muscles either upper body or lower body using free weights and body weights. The class is suitable for beginners, intermediate or advanced.



## Cardio Step

Step aerobics is a classic cardio workout that delivers results. Step up and down and around to upbeat motivational music led by Monica Holman. This class is challenging, yet easy to follow, and all fitness levels are welcome.

