Heckart Community Center

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. 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. Instructed by Carla Lucchesi and Monica Holman



Barre Sculpt

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. Instructed by Jen Pinkel and Kelsey Bandre



Rise N Grind

This fast-paced circuit class combines strength, cardio, and core work to jumpstart your metabolism and keep you motivated all day long. Participants move through a series of stations designed to challenge every major muscle group while keeping the heart rate elevated. Expect a mix of weights, bodyweight exercises, resistance bands, and bursts of cardio for a full-body workout. Instructor: Kirsten Morrison



Flow Yoga

Connect breath with movement in this dynamic yoga class designed to build strength, flexibility, and balance. Flow Yoga guides you through a series of poses in a continuous sequence, helping to improve mobility, release tension, and cultivate mental focus. Instructor: Jenny Carl

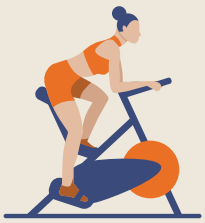


Move & Groove Dance Fitness

A fun, low-pressure dance fitness class designed for anyone who wants to get moving, burn calories, and enjoy the music without feeling intimidated. Simple, easy-to-follow choreography and upbeat tunes make it perfect for beginners or anyone looking for a relaxed, feel-good workout. Instructor: Tobi Chambers

Heckart Community Center

CLASS DESCRIPTIONS



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

This class is the perfect starting point for new weight lifters. Learn proper form, technique, and foundational exercises using free weights and machines in the fitness area. You'll build confidence, improve strength, and develop a safe, effective routine tailored to your fitness level. Instructor: Isaac Spilker



Cardio Fusion

Combines cardio, abdominal conditioning, and weight training for a balanced workout that builds endurance, tones muscles, and boosts overall fitness. Instructed by Jan Phillips.



Body Breakthrough

Delivers a high-intensity interval training (HIIT) workout that blends cardio and weights to boost endurance, strength, and overall fitness. Instructed by Elizabeth Wilkerson



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 Sky Dennis.

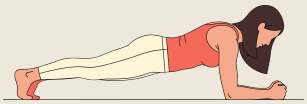


Strength & Sculpt

Focuses on building strength and definition through controlled, effective resistance training. Using a variety of equipment and bodyweight exercises, this class targets all major muscle groups for a balanced, full-body workout. Instructed by Elizabeth Wilkerson and Nikki Freeman

Heckart Community Center

CLASS DESCRIPTIONS



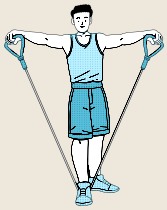
Core & Sculpt 30

a fast-paced, 30-minute ab-intensive workout designed to strengthen, tone, and sculpt your entire core. Expect controlled, effective movements that improve core strength, stability, posture, and balance. Taught by Elizabeth Wilkerson



Midday Mobility w/Mike

Take a break from your day and give your body the movement it needs! Join Mike for a refreshing midday session focused on improving flexibility, mobility, balance, and range of motion. Through gentle, purposeful movements and stretching, you'll help ease stiffness, improve how your body moves, and feel more refreshed and ready to take on the rest of your day. All fitness levels welcome!



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!



Power Step

Blends step-based cardio with strength and conditioning exercises for a full-body workout that improves cardiovascular fitness and tones muscles. Instructed by Elizabeth Wilkerson