

ACTIVE ADULT FITNESS

Active Adult Fitness is designed for those new to exercise, returning to exercise and seniors seeking safe and effective ways to achieve fitness goals. Our comprehensive group classes are designed to improve balance & strength, cardiovascular fitness, core stabilization, flexibility and overall wellness.

BEGINNING CARDIO SCULPT

With a focus on proper alignment and safety, this class combines low impact cardio with strength training using resistance bands and light weights. The limited choreography and easy to follow movements provides effective upper and lower body toning.

Benefits: strength, balance, and cardiovascular conditioning

9AM CIRCUIT

This 30 minute moderately paced circuit class fuses high repetition strength training with cardio intervals for maximum results. Done at one's own pace, this class is a great choice for someone short on time who wants to see and feel results fast.

Benefits: strength, balance, and cardiovascular conditioning

ZUMBA

This full body workout consists of easy to learn dance steps set to the rhythm of Latin American music. It is "an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health." Movements are for all ages and focus on strengthening and loosening muscles.

Benefits: strength, balance, and cardiovascular conditioning

DANCE FLOW

A stimulating fusion of tai chi, yoga and dance revitalizes the whole body in an overall cardio fitness routine. Dance Flow provides elegance, flexibility and synthesis for the body and mind.

Benefits: strength, balance, and cardiovascular conditioning

PILATES MAT I

Pilates strengthens the core by toning and lengthening the muscles in the trunk of the body. Utilizing controlled fluid movement and breathing, participants learn how releasing stress in one part of the body can improve mobility in other parts. Pilates decompresses joints, releases muscle tension and improves strength and posture through the neck, abdominals and lower back.

Benefits: flexibility and strength

CYCLE EXPRESS

A low-impact endurance class set to music provides strength and cardiovascular exercise. This 30 minute condensed version of a spinning class can be done at one's own pace.

Benefits: cardiovascular conditioning and strength

YOGA PLUS

This class focuses on stretching the entire body and revitalizing the muscles through a gentle approach. Basic yoga moves with emphasis on breath and relaxation soothe the body and mind while increasing respiratory capacity and mental clarity.

Benefits: flexibility and balance

AQUA THER-EX

This low impact, total body conditioning program targets beginners and those desiring arthritic therapy or a gentle place to start post physical therapy. The class utilizes specially designed buoyancy and resistance equipment to provide a combination of aerobic, strengthening and stretching exercises.

Benefits: balance, flexibility, and cardiovascular conditioning

WATER WORKS

A moderately paced deep-water workout set to music and incorporating specially designed buoyancy and resistance equipment provides strength, balance and cardiovascular exercise. The focus is on whole body conditioning with progressive muscular and cardiovascular workouts to build strength and stamina.

Benefits: strength, balance, and cardiovascular conditioning

HYDRO-FIT

This dynamic deep-water workout provides the ideal environment to develop and maintain functional health. The class focuses on strength and cardiovascular conditioning using specially designed buoyancy and resistance equipment.

Benefits: strength, balance, and cardiovascular conditioning

ACTIVE ADULT FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30a Water Works - 9:30a Fitness Pool / Michie 9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem 10:20a Yoga Plus - 11:50a Studio II / Grace 10:20a Cycle Express - 10:50a Cycle Studio / Kelli 10:30a Zumba - 11:30a Studio I / Lyn 11:00a Aqua Therex - 12:00p Fitness Pool / Lori 4:30p Beg. Cardio Sculpt - 5:30p Studio I / Becky 5:30p Hydrofit - 6:30p Fitness Pool / Denise 7:50p Cycle Express - 8:20p Cycle Studio / Debbie	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy 11:00a Aqua Therex - 12:00p Fitness Pool / Jenn B. 7:00p Zumba - 8:00p Studio I / Shakaia	8:30a Water Works - 9:30a Fitness Pool / Kelli 9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem 10:20a Yoga Plus - 11:50a Studio II / Grace 10:20a Cycle Express - 10:50a Cycle Studio / Ellen 10:30a Zumba - 11:30a Studio I / Lyn 11:00a Aqua Therex - 12:00p Fitness Pool / Lori 4:30p Beg. Cardio Sculpt - 5:30p Studio I / Becky 5:30p Hydrofit - 6:30p Fitness Pool / Denise 7:50p Cycle Express - 8:20p Cycle Studio / Debbie	6:15a Hydrofit - 7:15a Fitness Pool / Craig/Kathy 11:00a Aqua Therex - 12:00p Fitness Pool / Jenn B. 7:10p Zumba - 8:00p Studio I / Shakaia

FRIDAY	SATURDAY	SUNDAY
8:30a Water Works - 9:30a Fitness Pool / Michie 9:00a 9 A.M. Circuit - 9:30a Fitness Floor / Eikeem 10:20a Cycle Express - 10:50a Cycle Studio / Ellen 4:30p Zumba - 5:30p Studio I / Shakaia	10:20a Cycle Express - 10:50a Cycle Studio / Debbie	10:45a Dance Flow - 11:45a Studio I / Michie 4:00p Pilates Mat I - 5:00p Studio I / Judith

Color Key

Water Class
Mind/Body
Fitness/Group X
Cycle

Arriving 15 minutes prior to a cycle class will help to assure your spot.

For more information, contact Group Exercise Coordinator, Kelli Reed at extension 416.

