

LAND CLASSES	AQUATIC CLASSES
<p>Benefits of Land Exercise: Functional exercise helps to maintain and improve performance and the quality of everyday activities. Each class allows for socialization and it's a great way to stay accountable to your exercise routine!</p>	<p>Benefits of Aquatic Exercise: Water buoyancy greatly reduces pressure on the joints. The water provides 9-12 times more resistance. Balance is more easily maintained in the pool. This is a great way for those with joint pain to move their bodies while finding a relief from pain!</p>
<p>YOGA FLOW: Improves stamina, flexibility, strength, breathe & mobility.</p>	
<p>CARDIO & TONE: Improves cardiovascular and muscle endurance.</p>	
<p>ENDURANCE & FLOW: Improves muscle endurance, balance, flexibility, and stamina.</p>	<p>AQUA TONE: Low impact water aerobics performed at moderate intensity, cardiovascular endurance, muscular strength & flexibility, balance, socialization.</p>
<p>STRENGTHEN & TONE: Improves muscle strength and endurance</p>	
<p>BALANCE & CONTROL: Improves balance, coordination, and proprioception.</p>	<p>AQUA FIT: Low impact cardiovascular and muscle endurance exercise designed to improve stamina, strength, mobility, and coordination</p>
<p>FUNCTIONAL STRENGTH: Improves strength in muscles for activities of daily living.</p>	
<p>SEATED EXERCISES: Improves flexibility, endurance, and posture.</p>	<p>AQUA BALANCE: Low impact, low intensity, strengthen stabilizers throughout the body, while improving flexibility, balance, and joint range of motion.</p>
<p>ZUMBA GOLD: Improves cardiovascular endurance, coordination, and flexibility.</p>	
<p>LINE DANCING: Improves coordination, balance, cardiorespiratory fitness.</p>	<p>WATER WALKING: Low intensity & impact, improves gait & posture, socialization.</p>
<p>WALKING GROUP: Low Intensity, endurance, & Participants meet in Main Lounge.</p>	
<p>QIGONG: Improves breathing, posture, balance, and mind/body awareness.</p>	<p>SUPERVISED SWIM: Supervision will be provided during designated time. No Buddy needed for swimming.</p>
<p>TAI CHI: Improves mind/body connection, coordination, & flexibility.</p>	<p style="text-align: center;">Fitness Center Supervision Hours</p>
<p>BEAN BAG BASEBALL: Improves hand-eye coordination and balance.</p>	<p>Monday: 8:00am to 9:00am and 11:00am to 12:00pm</p>
<p>PING PONG: Improves agility, hand-eye coordination, and proprioception.</p>	<p>Tuesday: 8:00am to 9:00am and 11:00am to 12:00pm</p>
<p>WII BOWLING: Improves coordination, agility, & friendly competition!</p>	<p>Wednesday: 8:00am to 9:00am and 11:00am to 12:00pm</p>
	<p>Thursday: 8:00am to 9:00am and 11:00am to 12:00pm</p>
	<p>Friday: 8:00am to 9:00am and 2:00pm to 3:00pm</p>
	<p>Any questions regarding your current exercise routine or are interested in starting an exercise routine please call Jared Martz at 484-628-7705.</p>