

## LAND CLASSES

**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!

<b>YOGA FLOW:</b>	Improves stamina, flexibility, strength, breathe & mobility.
<b>CARDIO &amp; TONE:</b>	Improves cardiovascular and muscle endurance.
<b>ENDURANCE &amp; FLOW:</b>	Improves muscle endurance, balance, flexibility, and stamina.
<b>STRENGTHEN &amp; TONE:</b>	Improves muscle strength and endurance
<b>BALANCE &amp; CONTROL:</b>	Improves balance, coordination, and proprioception.
<b>SEATED EXERCISES:</b>	Improves flexibility, endurance, and posture.
<b>ZUMBA GOLD:</b>	Improves cardiovascular endurance and coordination.
<b>LINE DANCING:</b>	Improves coordination, balance, cardiorespiratory fitness.
<b>QIGONG:</b>	Improves breathing, balance, and mind/body awareness.
<b>TAI CHI:</b>	Improves mind/body connection, coordination, & flexibility.
<b>FITNESS WORKSHOP:</b>	Improves understanding of basic exercise fundamentals
<b>BEAN BAG BASEBALL:</b>	Improves hand-eye coordination and balance.
<b>BOCCE:</b>	Improves handy-eye coordination and depth perception
<b>PING PONG:</b>	Improves agility, hand-eye coordination, and proprioception.
<b>WII BOWLING:</b>	Improves coordination, agility, & friendly competition!

## AQUATIC CLASSES

**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!

<b>AQUA TONE:</b>	Low impact water aerobics performed at moderate intensity, cardiovascular endurance, muscular strength & flexibility, balance, socialization.
<b>AQUA FIT:</b>	Low impact cardiovascular and muscle endurance exercise designed to improve stamina, strength, mobility, and coordination
<b>AQUA BALANCE:</b>	Low impact, low intensity, strengthen stabilizers throughout the body, while improving flexibility, balance, and joint range of motion.
<b>WATER WALKING:</b>	Low intensity & impact, improves gait & posture, socialization.
<b>SUPERVISED SWIM:</b>	Supervision will be provided during designated time. No Buddy needed for swimming.

### Fitness Center Supervision Hours

<b>Monday:</b>	8:00am to 9:00am and 11:00am to 12:00pm
<b>Tuesday:</b>	8:00am to 9:00am and 11:00am to 12:00pm
<b>Wednesday:</b>	8:00am to 9:00am and 11:00am to 12:00pm
<b>Thursday:</b>	8:00am to 9:00am and 11:00am to 12:00pm
<b>Friday:</b>	8:00am to 9:00am

**Any questions regarding your current exercise routine or are interested in starting an exercise routine please call Jared Martz at 484-628-7705.**