

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!

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

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

Fitness Center Supervision Hours

Monday:	8:00am to 9:00am and 11:00am to 12:00pm
Tuesday:	8:00am to 9:00am and 11:00am to 12:00pm
Wednesday:	8:00am to 9:00am and 11:00am to 12:00pm
Thursday:	8:00am to 9:00am and 11:00am to 12:00pm
Friday:	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.

