

# Class Descriptions

## *Yoga*

This gentle yoga class focuses on stretching and strengthening the major muscle groups of the body while focusing on relaxing and restorative breathing. All exercise can be performed seated or standing.

## *Sit & Fit*

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

## *Open Swim Times*

M-W-TH-FRI-SAT-SUN 8:00 - 2:00PM

TUES-THU-12:00-2:00

Please call Brenda, 1482, for reservation.

## *AquaLite*

This class utilizes the buoyant properties of water to enhance your physical fitness through exercise. This is a low-impact class providing cardiovascular conditioning, increased muscle tone and balance.

## *Balance Class*

Seated & standing exercises combined to produce better leg strength & awareness of surroundings & body in space to prevent falls & become stronger. Chairs provided for standing exercises & walkers are welcome.

## *Safety Period Open Swim*

Mon & Tues - 2:00PM-3:00PM

Thu - Sunday - 2:00PM - 3:00PM

Please call Brenda, 1482, for reservation.

## *Qigong*

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

## *AquaFit*

In this class we use the resistance that water provides to strengthen and tone muscles while getting a great cardiovascular workout. We will also utilize a variety of equipment to enhance the exercise such as water dumbbells, kick boards and pool noodles.