

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.

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.

Balance Class

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

Aqua Circuit

Have fun while building strength and cardiovascular fitness by completing a series of total body exercise at a variety of stations around the perimeter of the pool.

Qigong

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



YOU ARE
NEVER TOO OLD
TO
SET ANOTHER GOAL
OR TO
DREAM A NEW DREAM

- C.S. LEWIS

