

Senior Center Fitness Classes

- 8:00 – 9:00 **Do it Your Way!** – Monday through Friday **Fitness Room I**
This is your time to do your own Strength Training, Stretching, Abdominal Work or whatever suites your needs. This is an open area for the hour to do it YOUR WAY!
- 8:30 – 9:45 **Yoga with Judy**– Tuesday **Fitness Room II**
Experience a gentle workout featuring breathing technique, mind-body connection, stretching, flexibility and balance. Learn soothing relaxation techniques as well.
- 8:45 – 9:30 **Walk Aerobics w/Lee** – M/W/F **Fitness Room II**
This Aerobic exercise is performed to music and includes stretching, strength training, and flexibility. This class will help improve cardiovascular fitness and increase mobility. On Monday, emphasis is placed on Shoulder & Balance, and Wednesday mats are used. A DVD is used during portions of this class.
- 9:00 – 9:30 **Strength Training** – M/W/F **Fitness Room I**
This workout targets the upper, lower and core muscles by using resistance bands and weights. This class will help build strength in both muscles and bones! Get ready to “Grit your Teeth”!!
- 9:15 – 9:45* **Chair Aerobics*** Thu (*starting in May*) **Fitness Room II**
Get your motor running with this fun “seated aerobic” class!. Your heart rate will definitely increase while burning Carbs & Fats!. Your legs, arms and chest muscles will get a great work-out!
- 9:30 – 10:00 **Chair Exercise** – M/W/F **Fitness Room II**
Chair exercise offers various exercises using a chair for those who cannot stand for long periods of time. It targets many of your motor skills and once it starts, there is no backing out! Standing exercises are added to improve balance. When standing, you can use your chair for support.
- 10:00 – 10:45 **Step Aerobics/Low Impact Aerobics** Wednesday **Fitness Room I**
The beauty of this class is that you can use the step bench or NOT! The movements are done at slower pace allowing you to use the step for greater leg work. This is a wonderful Cardio class! Dare to Try!
- 10:00 – 11:00 **Balance & Fall Prevention** – M/W/F **Fitness Room II**
The major focus of this class is being able to keep your balance and establish core stability. It involves standing, sitting, marching, upper and lower body exercises using light weights with a smooth cool down to finish.
- 10:00- 10:45 **Balance, Baby Balls, and Beanies** – M/F **Fitness Room I**
Do you need help with Equilibrium? Vertigo? This class will provide motor skills and Hand/Eye coordination that will enhance your quality of life. Weights may be used also, with the Chair.
- 10:00 – 11:00 **Tai Chi**– Tues/Thur **Fitness Room II**
This Tai Chi class is an Americanized version of the Oriental exercise, which includes gentle flowing movements that help with improving balance and ends with relaxation, calmness and stress relief.
- 10:00 – 11:00 **No Floor Yoga** Tues/Thur **Fitness Room I**
There’s no getting “up or down” in this class! Through a series of basic movements, expect to improve overall bone health, strength, flexibility and breathing awareness. The equipment in this class includes You (your own body) and a chair! EASY as ABC and yet so effective!

- 11:15 – 12:00 **Gentle Stretching Essentrics** – Thursday **Fitness Room II**
This class is a mixture of Tai-Chi, Pilates and Ballet that helps to realign the connective tissues in your body by doing gentle stretching with continuous movement! The experience will be very pleasant!
- 11:15-12:15 **Gentle Therapeutic Yoga** Wed **Fitness Room II**
All levels can participate in this gentle flowing class that helps with stretching, breathing and overall wellness. You will leave refreshed and ready to “Seize the Day!”
- 11:15-12:15 **Cardio Strength** M/F **Fitness Room II**
Cardio and Strength becomes one unit in this class designed to strengthen your lungs and muscles! You will do a number of aerobic movements, then onto weights and floor exercises. An entire body workout!
- 11:15-12:00 **Belly Dancing** Tuesday **Fitness Room II**
A fun and energetic way to get a good workout using various music that has different rhythmic beats. You will sway, hip bump and dance your way into fitness!
- 12:15 – 12:45 **Tai Chi for Arthritis too!** – Thursday **Fitness Room II**
Once you’ve learned the 21 Forms in the *Tai Chi for Arthritis* training course, come to this continuing course to practice what you learned! Join other experienced practitioners in this invigorating practice to calm the mind, move energy, improve health and develop fitness. (Continuing Class. Certified Instructor.)
- 1:00 – 1:50 **Resistance Strength Weight Training** – M/W/F **Fitness Room I**
Ready to burn Body Fat? This class uses various tools to build muscle strength and flexibility. Benches, Bands, and Weights are some of those tools. Be ready to do calisthenics, isometrics and planks also!! This class focuses on toning the entire body! (Instructor certified)
- 1:50 – 2:30 **Walk Aerobics w/Becky** – M/W/F **Fitness Room I**
Walk & Move it! This class is done using a video program which helps to build stamina and gets you moving! Walk fast or at a slower pace! It’s your personal choice!!
- 1.00 – 2:30 **Line Dance, Jamboree** – Tues/Wed (Intermediate/Advanced) **Fitness Room II**
This is a choreographed line dance class that utilizes various step patterns. This class also prepares you for doing presentations outside the Senior Center/Fitness Facility. Become a star and join in the Fun!! (Instructor certified)
- 1:00 – 2:30 **Line Dance, Step by Step** – Fri (Starting March 6th) **Fitness Room I**
This class takes you through learning line dance technique, proper foot placement, and the training to do Line Dancing from the very beginning. Special attention is given to each student, for easy learning.
- 1:15 – 2:00 **Line Dancing Basic Beginner** – Mon/Thur **Fitness Room II**
This is fun and simple way to start line dancing. The choreographed dance movements are done without partners and is easy to follow.
- 3:00-4:00 **Line Dancing-High Beginner** – Tuesday **Fitness Room II**
Easy Line dancing that takes you through various dance patterns. This class prepares you for the next step called, “Improvers”! If you like to dance and desire to do presentations, here’s your starting point!!
- 3:00-4:00 **Line Dancing Beginners** - Thursday **Dining Room**
- 4:00-5:00 **Line Dancing- Improvers** Tuesday/Thursday **Fitness Room II**
This Line Dancing Class takes you through a bit more movement, and prepares you for presenting at functions in and around the community!
- 5:00-6:00 **Line Dancing-Intermediate/Advanced** Tues/Thur **Fitness Room II**
If you like performing, this Line Dance class prepares you to perform in Public!! This class is fun, and does the state “40” dances!
- 8:00-5:00 **Exercise Equipment** – Mon through Fri **Main Fitness Floor**
There must be at least two people in the exercise facility at all times. Do not work out alone. Sneakers or closed toed Shoes must be worn.