

SENIOR STRETCH/ CIRCUIT & STABILITY

Instructor: Marilyn Smith

Build and maintain your flexibility and balance in this 45 minute class that incorporates stretching and basic yoga moves. Participants may choose to stand or sit. This class does not include any floor work or deep bending. Shoes are recommended for balance.

GENTLE YOGA/RELAX AND RESTORE - BEGINNERS

Gentle yoga is a style of yoga that is far less strenuous than other forms. It is less intense, so can be very useful for people who are not able of fulfilling the demands of other practices. This practice also maintains a much more relaxed pace and tends to allow its practioners more time between poses in order for the body to recover.

H2O AEROBICS/SENIOR WATER AEROBICS

Exercising in the water is perfect for active older adults as it puts less stress on the joints and the buoyancy of the water helps reduce the pressure on joints. Water also acts as a form of resistance, so strength exercises can be performed in the water without heavy weights. Water based aerobics classes include exercises such as aqua jogging, flutter kicking, leg lifts and arm curls.

AQUA ZUMBA

Instructor: Kristin Mcgill

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba Rythmn and dance steps with a pool party.

HIGH ENERGY AEROBICS/MORNING AEROBICS

Instructor: Raymond Godwin

Join Raymond in the virtual room for some old school low impact calisthenics. All fitness levels can enjoy this high energy workout reminiscent of your favorite workout videos.

TAI CHI

Instructor: Jeff Goodman

Modern Tai Chi practice is primarily mind-body exercise, and is best described as 'moving meditation'. The benefits of Tai Chi practice are well documented and include, leg strength, balance, and stress relief. This class will be progressive (more added each time), and all you will need is loose fitting clothing.