

55+ Group Fitness Membership Class Descriptions

20/20/20

Looking for a class that has it all in one hour? This class will cover 20 minutes of cardio, 20 minutes of weights and 20 minutes of stretching/relaxation.

Body Sculpt

Easy to follow full-body workout using hand weights and bars for resistance training incorporating low impact, cardio movements.

Chair Yoga

A form of body conditioning that emphasizes muscular balance, strength and flexibility, as well as improving posture. All fitness levels welcome.

Fitness for Arthritis

This class is beneficial for people who have osteoarthritis, rheumatoid arthritis or fibromyalgia and wish to increase range of motion, strength and balance.

Fitness for Osteo

This class includes cardio and balance training, muscle strengthening and stretching using free weights and resistance bands.

Latin Dance Party

This Latin dance class is designed for older active adults as well as those who have been previously sedentary. Inspired by the Latin dance craze.

Power Up

Power Up is a class that contains all three fitness essentials: cardio, strength, and stretch, with a twist. No equipment required.

Stretch and Sculpt

This mostly seated class will feature a full-body workout using weights, resistance bands and balls with a strong focus on core strength. Class will focus on proper alignment and will include lots of stretching and flexibility.

Yoga

Yoga helps increase stamina, strength, flexibility and balance while focusing on body awareness. Participants practice various yoga traditions, all of which combine forms of breathing, posture and exercise.