

SENIOR GROUP FITNESS CLASS DESCRIPTIONS

P.A.C.E: (People with Arthritis Can Exercise). This 45 minute land class is ideal for those who suffer from Arthritis and will help you improve your flexibility and strength. A release form is required from your physician before beginning this class.

Aqua Arthritis: Is a non-impact program designed by the Arthritis Foundation to provide warm water exercises for strengthening, range of motion, and flexibility. No swimming skills required. This is a class great for beginner or advanced levels.

Senior Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a kickboard is used to develop strength, balance and coordination

Yoga: This class will be using the basic yoga poses in a choreography flow from one pose to the next that will help you gain flexibility, balance, and strength at the same time. A chair is offered if needed to safely perform a variety of standing poses for balance and range of movement

SilverSneakers® Muscular Strength and Rang of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance training. A chair is used for seated and or standing support

SENIOR GROUP FITNESS INSTRUCTORS: ALLEN ARTH, GINGER ARTH, BRYAN LANHAM, LYNETTE GULLNETT, BUD HULICK, MAVIS MCCOWAN, BRITTANY TERRELL