

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

PWR!UP*: This class is for people with Parkinson's Disease, the classes will have various equipment, music, dance, boxing, pole walking, cycling, chair and or floor exercise's, and aquatic training sessions. Cost for each participant will be \$30.00 for 3 weeks session and you must have a LIVING WITH PARKINSON'S form filled out from your Doctor.

HEALTHY BACK: This class will have movements to help you gain strength and flexibility in your back.

SENIOR GROUP FINTESS INSTRUCTORS: ALLEN ARTH, GINGER ARTH, BRYAN LANHAM, LYNETTE GULLNETT, BUD HULICK, AUTUMN MASTROIANNI AND GUDRUN WEDEL

