



Wilmerding Community Center

1 Memorial Field / Wilmerding PA 15148

# CLASS

# DESCRIPTIONS:

## LAND EXERCISE CLASSES:

- ▶ **BUTTS & GUTS:** This quick 30-minute class will shape and sculpt your lower body & core. We focus on your abs, glutes and legs using your own body weight. Occasionally, we use light weights as well. There is no jumping involved in this class. \*Please bring your own mat.
- ▶ **CYCLING:** This is a high energy 1-hour class performed on a stationary bike with a heavy weighted fly wheel that is linked to the pedals. This results in a fixed gear bike where your legs are constantly moving and you have to apply pressure to control your ride. Instructors use motivational and upbeat music. It's a great workout if you want to burn a ton of calories, while increasing your strength and endurance. You could climb up big hills, ride through mud and sprint down flat paths. This fast-moving class will be over before you know it!
- ▶ **DRUMS ALIVE:** A rhythmic workout that combines drumsticks, stability balls and athletic choreography. Great for coordination and upper arms and shoulders toning.
- ▶ **FUNCTIONAL FITNESS:** Functional training emphasized multi-joint movements that mimic everyday movement patterns. This fun, challenging class will help you to improve strength, stability, mobility and balance. Using your bodyweight and a variety of resistance equipment we will improve necessary everyday movements of pull, push, squat, lunge, hinge, rotation and gait. Suitable for all fitness levels, you will learn to work at your own individual ability level.
- ▶ **HATHA YOGA:** A gentle basic yoga class with no flow between poses, expect a slower paced stretching focused class with basic pranayama breathing exercises.
- ▶ **PICKLEBALL:** Paddleball sport that combines elements of badminton, table tennis & tennis for 2 – 4 players. Use larger wooden paddles to hit a wiffle-like ball over a net. Court size is smaller than a tennis court. Registration is required, call the front desk to register.
- ▶ **POUND!:** In this full body cardio jam session, you will combine light resistance with constant simulated drumming with drumsticks (called ripsticks). The workout fuses cardio, Pilates, strength, plyometrics and isometric poses.
- ▶ **POWER UP BOOT CAMP:** The goal of this class is to use hand weights (dumbbells) to increase strength and lean muscle, improve flexibility, joint stability, functional movement and cardiorespiratory fitness. Exercising with dumbbells provides numerous benefits towards improving your overall health. Exercise muscles in isolation as well as perform movements that combine muscle groups to get a full body workout.
- ▶ **SILVER SNEAKER CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography.
- ▶ **SILVER SNEAKER CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. A chair is available if needed for seated or standing support.

- ▶ **SILVER SNEAKER YOGA:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- ▶ **STEP & STABILITY BALL COMBO: 30 minutes of step:** Using a 4, 6 or 8" bench participants will step up, around & down in choreographed patterns to boost your heart rate for a great cardio workout. These combination will then be combined with resistance training for toning & strengthening muscles. Followed by 30 minutes of toning & balance on the Stability Ball.
- ▶ **STEP UP TO THE PLATES:** This class includes about 20 minutes of cardio using the step. Followed by 30 minutes of UPPER BODY ONLY strength training, utilizing a combination of resistance equipment that may include the bar & plates, dumbbells, resistance tubing, etc.
- ▶ **STRENGTH IN NUMBERS:** No Cardio Here! 60 intense minutes of group strength training for the entire body. Using challenging weight on the bar and dumbbells we will encourage each other to uncover muscles we didn't know we had. Remember – Strong is the NEW skinny.
- ▶ **T.N.T. (tone & tighten):** combines body toning with heart pumping cardio. Enjoy upper and lower body strength training mixed with cardio segments that deliver a total body workout. The cardio bursts that follow each section of toning are drill based and are designed to elevate the heart rate between the strength training sections. It is easy to adjust each exercise to meet all fitness levels.
- ▶ **TAI CHI FOR BEGINNERS:** This class will focus on the 3 principles of Tai Chi and will also incorporate some Qigong exercises to help quiet the mind and draw attention to the movements of the body and the internal flow of energy. Gentle stretches and balance exercises will be used to engage the mind, body and spirit. Tai Chi movements will be taught in a non-sequential pattern to allow for new participants to join and become part of the group immediately.
- ▶ **TAI CHI:** This class will focus on the form study of Tai Chi for Health and Balance (parts I and II) and Tai Chi for Energy along with some initial Qigong exercises to help with energy cultivation, breathwork, balance and enhancing body movement awareness. Anyone is welcome, but this class ***will not*** focus on the sequential learning of the form. Instead, it will be used to refine the learned movements and to increase the awareness of the body during the moving meditation of the form.
- ▶ **TAI CHI INVITATION ONLY:** This class is closed and only for students who have completed the Tai Chi for Health and Balance form study and is by invitation only
- ▶ **TRX (total resistance exercise):** Use your own body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Adjust your body position to add or decrease resistance so you're in control of how much you challenge yourself on each exercise. Because of its suspended nature, TRX is a very low to no impact training method which allows people of all levels to train and reach their fitness goals. Register early – Only taking 11 students at this time.
- ▶ **WALKING:** Walk around the gymnasium floor following the black line. 26 laps around equals 1 mile. Registration required for walking time. Call front desk to register.
- ▶ **YOGA:** This class provides a mindful approach to body alignment and efficiency of movement. Yoga postures and breath exercise help to focus the mind inward for a deeper mind/body connection and richer awareness of self. Full body relaxation & balance are the goals as you make a full circuit of the body's range of motion with standing postures, twists, folds & hip openers. A yoga mat IS necessary. Any yoga props such as blocks, blankets, straps, etc. may be useful but are not mandatory.



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- ▶ **ZUMBA:** For everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## **WATER EXERCISE CLASSES:**

*Please note that any class listed can be done in both the DEEP or SHALLOW sections of the pool. While you may not get the complete targeted effect of the class as it was designed you can still participate safely.*

- ▶ **AQUA ZUMBA:** For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
- ▶ **CARDIO FIT:** This class starts off slow to allow you to get your bearings in the water, then goes thru a fast-paced routine designed to raise your heart rate and burn calories. The choreography for this class changes each week to keep you on your toes.
- ▶ **CARDIO H2O:** Designed to challenge and push you with targeted workouts to build and condition your muscles. This workout helps kill your calories for faster fat burning.
- ▶ **DEEP or SHALLOW WATER AEROBICS:** This is a 45-minute workout planned for the deep or shallow side of the pool. This is a good workout for your legs in deep, but also a good hip and back workout for shallow water.
- ▶ **FIT & SPLASH:** A class for everyone taught by our wonderful volunteer instructors. Amy and Judi will get you movin' and groovin' in this wonderful class that has a bit of something for everyone. Geared for all ages and fitness levels.
- ▶ **H2O:** High impact water workout designed as an effective way to lose extra pounds fast. Full body workout for maximum efficiency.
- ▶ **INTERVAL STRENGTH:** This class will focus on your muscles while doing many various exercises.
- ▶ **SILVER SNEAKER AQUA CLASS:** 45-minute water workout that is low impact and easy to do. Great for beginners or those that do not move around so well. It will get your heart rate up and increase your energy levels without stress to your body. Prepare to Splash, Shake and Roll.