

1. **Aerostrength:** a choreographed cardio class followed by a muscle strength and stretch segment
 - *Mondays, Wednesdays and Fridays (9:30-10:30 am)*

2. **Light Workout:** a 'light' choreographed cardio class with controlled impact, followed by a muscle strength and stretch segment
 - *Mondays and Wednesdays (10:30-11:30 am)*

3. **Strength & Flexibility for Balance:** a fun-filled class - strengthen muscles and bones, improve balance and flexibility
 - *Mondays and Fridays (11:30-12:30 pm)*

4. **Strength for Mobility:** a class designed to accommodate those who prefer a workout on or with a chair. **Note:** *small equipment may be incorporated*
 - *Wednesdays (11:30-12:30 pm)*

5. **Energy Stretch:** Move, stretch, and ease your way to better health through Qigong (energy work). With a series of simple, easy to learn movements that work on breath, balance (physical and emotional) and coordination, one can decrease stress, improve sleep and increase energy and health. These movements improve one's life force energy and can be done by everyone, at any age and fitness level. Connect with your effortless power through Qigong
 - *Fridays (10:30-11:30 am)*

6. **Pilates & more for your Core:** Building on the principles of Pilates, the class will develop core strength, promote good posture and improve balance.
 - *This class will be offered virtually every Wednesday at 6:30 pm*