

Fitness Classes Descriptions

All classes are \$2.00 a session unless noted.

Beginning Yoga

Monday, 8:45am – 9:45am

Instructor: Katrina Smeets

Description: Katrina will slow it down and explain proper positioning to get you more comfortable with yoga poses. Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles, calm, soothe and open your mind. Make sure to bring your mat!

Yoga With Props

Tuesday, 2:30pm – 3:30pm

Thursday, 1:15pm-2:15pm

Instructor: Katrina Smeets

Description: This is a gentle form of Yoga that is using props (i.e. chair, block, strap) for support. Yoga deepens flexibility and strengthens personal body awareness.

Yoga

Tuesday, Thursday, 8:45am – 9:45am

Tuesday, Thursday, 3:45pm -4:45pm

Instructor: Katrina Smeets

Description: Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles and calm soothe and open your mind. Make sure to bring your mat!

Toning

Tuesday, Thursday, 11:00am – Noon

Instructor: Darci

Description: This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class. If you question whether you can stand through the whole class, don't worry, you can sit and do these exercises in a chair also!

Beginning Tai Chi

Wednesday, 3:45pm-4:45pm

Instructor: Darci

Description: Darci will slow it down and explain the movements for you to feel more comfortable with Tai Chi. A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination and helps for arthritis also.

Tai Chi

Tuesday, Thursday 10:00am – 11:00am

Instructor: Darci

Description: A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination and helps for arthritis also.

Sassy Exercise

Monday, Wednesday, 2:30pm – 3:30pm

Instructor: Darci

Description: Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance and just have fun!

Arthritis Exercise—FREE

Friday, 11:00am-Noon

Instructor: Abbie Marrs

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Fitness Classes Descriptions

All classes are \$2.00 a session unless noted.

Zumba

Wednesday, 9:30am-10:30am

Instructor: Linda Dyball

Description: For active older adults who are looking for a fitness program consisting of dance and aerobic exercise routines performed to popular, mainly Latin American, music.

Roll & Release

Monday, Thursday, 2:30pm – 3:30pm

Instructor: Katrina Smeets

Description: Participants will use Styrofoam rollers and other therapeutic aids to roll out and stretch tight fascia and muscles. Classes will incorporate yoga stretches, balance and weight bearing positions. Participants will need to be able to get up and down freely from the floor.

Beg. Casual Ballroom Dancing

Monday, 4:00pm— 5:00pm

Instructor: Jim Davis

Description: This class is for beginners! No experience necessary. You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps. This is a smaller group so we would love to add more people to try it out!

Casual Ballroom Dancing

Monday, 5:15pm— 6:15pm

Instructor: Jim Davis

Description: You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

Square Dancing

Monday, 6:30pm-8:45pm

Instructor: Jim Davis

Description: The dancers form a square of 8 dancers, and then a Caller will “call” out the movements that the dancers are to perform. No partner needed.

Line Dancing Basic

Thursday, 5:15pm-6:15pm (Spring—Fall, No Winter Classes)

Instructor: Pat Hughes

Description: Have you always wanted to learn how to line dance? This class will teach you how. No partner needed. Good for physical and mental well being.

Improved Beg. Line Dancing

Monday, 10:00 – 11:00am

Instructor: Debbie Williams

Description: Medium impact dance exercise class to improve existing skills. No partner needed. Good for physical and mental well being.

Intermediate Line Dancing

Wednesday, 5:00 - 6:00pm

Instructor: Debbie Williams

Description: Above medium impact dance exercise class to improve. No partner needed. Good for physical and mental well being.

“This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars at work.”