

# CLASS DESCRIPTIONS

**Advanced Swim Lessons-** Teacher recommendation preferred. Must be capable of performing the four major strokes proficiently.

**Aquacise-** This invigorating class held in the pool gives you cardio respiratory conditioning. It also helps you with symptoms of arthritis by reducing the stress of joints.

**Aquafit-** This non-impact class is held in the pool. It gives you the benefits of cardiorespiratory fitness without straining your joints.

**Aqua Zumba-** Movement to music that helps strengthen and tone your muscles. This fun workout is done in the pool.

**Arthritic Aquacise-** An easy-to-follow class held in the pool, focusing on building flexibility, balance and strength to increase joint mobility and range of motion. This program is for residents that might need a little more attention from the instructor.

**Awareness through Movements (Feldenkrais) –** Awareness Through Movement classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility, and holistic integration of body and mind. This class will use functional movements of daily life, such as walking efficiently, safely lifting objects, and improving one's posture in sitting or standing.

**Back in Action Fitness-** This upbeat, low impact aerobics and strength training class may be performed standing or in a seated position. The class includes energizing and easy-to-follow movements that promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance.

**Belly Dancing-** Belly dancing is an ancient dance of natural movements. In this class you will learn beginning techniques, core moves, combinations, isolation and shimmies. The isolations are what set the dance apart from other dance forms contributing to being toned and flexed! Working with energy centers, you will find muscles you never thought you had. This dance form helps range of motion, balance and core muscles.

**Beginner Swim Lessons-** This class will get you comfortable in the water by teaching you breathing, floating and kicking techniques. These skills will prepare you to learn full swim strokes.

**Body Pump-** An upbeat strength training class with total body conditioning.

**Body Toning & Weights-** A total body toning class which helps those with osteoporosis and muscle density loss.

**Cardio Blast-** A high-intensity class for those interested in a challenge for total body conditioning.

**Cardio Core-** Cardio vascular exercise with a concentration on strengthening core muscles.

**Cardio Sculpt-** A fusion of aerobics for cardiovascular strength using low impact and high intensity moves. This is combined with toning and muscle building isolations, functional exercises along with increasing stretch ability, balance and core vigor.

**Chair Yoga-** Like Relax with Yoga, but this class is focused on residents who have limited mobility, difficulty with floor exercise, arthritis or are recovering from surgery.

**Chinese Therapeutic Exercise-** Created by a Chinese Orthopedist, this set of 18 short forms combine range of motion movements to promote supple, pain-free joints and life-long health. The class is synchronized to traditional Chinese music.

**Core & Glutes-** Increase muscle mass while improving strength in your core and glutes. (30 minutes)

**Core Yoga-** This class blends yoga-based moves implementing abdominal, back and posture muscles with all the benefits of mind/body connection.

**Easy Stretch-** This class teaches a beginner's approach to yoga with low intensity forms of stretching, combining mind and body, to relieve stress, and rejuvenate your spirit. It is a blend of traditional posture or forms and techniques to increase body awareness, flexibility, balance, and strength.

**Hatha Yoga-** Hatha Yoga uses the practice of asana (yoga postures) and pranayama (breathing exercises), bringing peace to the mind and body, preparing the body for deeper spiritual practices.

**Indoor Cycling-** This cardiovascular workout held on the spin bikes will include strength, endurance, interval moves and sprints.

**Intermediate Swim Lessons-** This is a continuation of learning and building upon the techniques of the strokes learned in beginner swim lessons. Begin to perfect your skills while taking it to the next level.

**Limited Mobility Arthritic Aquacise-** This easy-to-follow class, focusing on building flexibility, balance, & strength to increase joint mobility and range of motion. This program is for residents that might need a little more attention from the instructor.

**Line Dance-** This choreographed dance class reviews a repeated sequence of steps in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time.

**Low Impact Aerobics-** A low intensity workout designed to help you condition the cardio respiratory system by using a diversity of exercises. The class starts with 30 minutes of aerobic workout followed by 15 minutes of weights and 10 minutes of abdominal work and stretching.

**Meditation-** Recent scientific studies show that the practice of meditation changes the brain in wonderful ways affecting ability to have greater balance, more focus, increased compassion, less anxiety, and improved well-being. Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, and introspection.

**Perfect Posture-** A class designed to help correct posture and body alignment while incorporating it into your daily life. Perfect Posture helps to reduce injury or pain and help you function better.

**Pilates-** This class will connect the whole body and mind through proper breathing and slow, controlled movements to help you develop core abdominal strength and a leaner body by lengthening and stretching the muscles without building bulk.

**Power Hour-** An intense class of weight training to increase your strength and muscular endurance.

**Restorative Yoga-** The restorative yoga practice gives us the power to manifest and return to our intuitive nature. We do this by entering our bodies slowly, building up fire within the body as a warm up and then fully surrendering in gentle poses for the rest of class. Through the breath, we observe every sensation, feel each muscle release into relaxation and notice how interconnected our physical bodies and mind really are. This class will be a unique yoga practice of relaxation, healing and growth; all levels are welcome!

**Senior Balance & Flexibility-** In this class you will sit or stand behind chairs while moving to the music through a variety of exercises designed to deepen core connection, agility, boost overall well-being, and gain improved balance. This is followed by a complete body stretch that will give you more freedom of movement for your everyday activities.

**Senior Fitness & Weights-** This class assists with increasing strength, flexibility, and energy through weight lifting and cardiovascular exercises.

**Sit & Fit-** Increase your heart rate and muscle strength while seated. (30 minutes)

**Tai Chi-** Tai Chi is a fall prevention exercise and art for older adults that has been shown to significantly improve balance and reduce the risk of falls. Originated in China as a self-defense martial art leading to Kong Fu, it is known to benefit numerous improves in balance, performance, lower and upper body strength, lowering stress, high blood pressure, incidents of anxiety and depression.

**Taiji Qigong 18 Form-** Get your Qi flowing and spirits soaring with this traditional set of warm-up exercises that delivers abundant Qi and healing to all joints of the body.

**Yin Yoga-** This is passive practice, involving variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia.

**Yoga Slow Flow-** This yoga class incorporates gentle movements linked to breath. Must be able to get on and off the floor... Poses include supine, kneeling, seated and standing poses

**Yoga Stretch-** This intermediate level class engages in the endless benefits of the yoga practice by enhancing your mind/body, increasing strength and flexibility.

**Qi Gong-** This class will focus on; opening flow of your QI/Bioelectric Energy, releasing energetic blocks and strengthening your immune system while enhancing your body's ability to regenerate and heal itself. This will lead you to feel younger and more relaxed while also releasing negative emotions & replacing them with positive ones.

**Wellness Walking-** An invigorating stride around the village pathway that emphasizes proper technique while enhancing posture. A warm up, cool down and stretches will leave you feeling energized!

**Zumba-** This high energy class combines dance with aerobic movements to high tempo music including hip-hop, samba, salsa, merengue and mambo.