

MAY to JULY Weekly Fitness Schedule

AEROBICS CLASSES

SteadyHab

Get steady while building balance, strength and walking ability. A great place to begin or for anyone needing a little extra assistance. This is our most adaptable class, offering options for exercises in seated and supported standing.

StrengthHab (Chair)

Challenging aerobics and strengthening exercises performed seated in a chair. Excellent for cardiovascular health and core strength!

StrengthHab

Emphasizing aerobic training through a variety of multiple formats to foster enjoyment, motivation and maximal improvement in general health, endurance, strength, posture, balance, and flexibility.

ReadyHab

Designed for individuals feeling ready for more intensity and a slightly faster pace. All exercises performed in standing.

MIND-BODY CLASSES

CoreHab

Build a more stable and stronger abdomen and lower back, optimize posture, and provide a foundation for an active lifestyle. A blend of spinal stabilization, core strengthening, yoga and Pilates techniques designed to strengthen muscles supporting the spine to prevent or minimize low-back pain. Seated and standing options offered throughout class.

ChiHab

Strengthening the mind-body connection while improving postural awareness and coordination. ChiHab® blends concepts of neuroplasticity, vestibular rehab, functional strengthening, and cognitive exercises with the core principles of Tai Chi. Seated and standing options offered throughout class.

YogaHab

Combining yoga with physical therapy research and treatment concepts, YogaHab® builds upon classical styles of yoga with added emphasis on neuroplasticity and dynamic strengthening to improve sensory awareness, posture, balance, stamina, and overall functional mobility. All exercises offered with many options; though, greater emphasis placed on standing poses in this class.