

Class Descriptions

- ❖ **BEGINNING STEP:** Utilizes a step bench with low to moderate intensity. *(For first time "steppers" –those who may have never taken a step class)*
- ❖ **Silver Sneakers Cardio Circuit:** Utilizes a chair with easy to follow non-impact standing choreography that will get your heart rate up and burn calories. *(The easy to follow movements make this class fun and provide an effective upper body workout.)*
- ❖ **Silver Sneakers Muscular Strength:** A low to moderate intensity class specifically for active older adults. This class is used to get your heart rate up, burn calories, increase flexibility and increase strength.(Utilizes hand held weights, elastic tubing and the silver sneakers ball.)
- ❖ **ARTHRITIS H2O EX:** Shallow water exercise at a low to moderate intensity specifically for active older adults. Water therapy for arthritis and lower back pain.
- ❖ **Silver Sneakers Yoga Stretch:** Move your entire body through a complete series of seated and standing Yoga poses. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

