



## CLASS DESCRIPTIONS

### Arthritis Foundation Classes

**Arthritis Foundation Aquatic Program-** This is a warm water exercise program shown to reduce pain and improve overall health. It increases social interaction, joint function, and adds muscle strength.

**Arthritis Foundation Exercise Program-** This is a low impact physical activity program proven to reduce pain and decrease stiffness. The routine includes gentle range of motion exercises that are suitable for every fitness level. Build your confidence!

**Arthritis Foundation Tai Chi-** This is an ancient practice proven to reduce pain and improve your mental and physical well being. It will increase balance and flexibility, reduce stress, and improve your overall mind, body and spirit.

**Arthritis Foundation Walk with Ease-** This program motivates you to get in great shape and walk safely and comfortably. It has been shown to reduce pain, increase balance and strength, and improve overall health.

### Balance Classes

**Balance and Core-** This can be adapted for any ability and aims to improve balance and core strength through sitting and standing exercises with proper breathing.

**Balance and Posture-** This class can be adapted for any ability and aims to improve balance and core strengths as well as abdominal and postural muscles through sitting and standing exercises with proper breathing techniques.

**Balance, Strength and Stretch-** This class improves balance and core strength as well as abdominal and postural muscles through sitting and standing exercises for shoulders, arms and legs plus stretching exercises.

**Balance, Posture and Strength-** This class improves balance and overall strength as well as abdominal and postural muscles through sitting and standing exercises for shoulders, arms and legs plus stretching exercises. This class can be adapted for any ability. Band, ball and/or weights maybe incorporated.

**BALANCE and Strength-**This program will improve balance and core strength through sitting and standing exercises. Strengthening exercises with band, ball and/or weights will be incorporated as well. We will end the class with deep breathing and stretching exercises. All fitness levels welcome.

**Barre, Balance and Core-** This is a fun empowering class focusing on postural strength, alignment, balance and core strength through sitting and standing exercises with proper breathing. This can be adapted for any ability. A chair will be used instead of a barre while standing and for abdominal exercises and stretching.

**Core and Stability-** This class combines strength and flexibility with balance exercises that can be done sitting or standing. All fitness levels welcome!

**Rhythm and Balance-** This class combines standing or seated cardio work with your favorite music and balance and range of motion work possibly using equipment such as weights, ball or band. This class does not use a mat or go to the floor.

### Cardio Classes

**Boot Camp-** This class contains a series of fun stations to increase strength, coordination, balance, and flexibility. It is lots of fun for all ages!

**Cardio 25.10.10-** This class includes 25 minutes of high low aerobics, 10 minutes of strength training and 10 minutes of core and stretching exercises to fun motivational music. 2\*

**Cardio 35.10.10-** This class includes 35 minutes of high low aerobics, 10 minutes of strength training and 10 minutes of core and stretching exercises to fun motivational music. 2\*

**Cardio/ Core-** This class includes 35 minutes of high low aerobics and cardio intervals and 20 minutes of core and stretching exercises to fun motivational music. 2\*

**Cardio and Barre-** This class combines high low aerobics with barre exercises.

**Cardio Dance Party-** This class combines cardiovascular exercise and dance for a great workout. We will customize this with your favorite songs!

**Cardio Fusion-** A great cardio workout that can fuse in dance, high/low and much more as well as strengthening and/or standing core exercises. You may use light weights. 2\*

**Cardio HIIT-** This is a high intensity interval training workout that may use light weights, a mat, and a step to keep your heart rate up while strengthening your muscles. 3\*

**Cardio Kick-** This class combines martial arts techniques with fast paced cardio. Builds stamina, improve coordination, burns calories and flexibility as you build lean muscle with this fun and challenging workout. 2\*

**Cardio Party-** This class choreography will vary each week including line dancing, Latin dancing, zumba and more. This class can be done sitting or standing depending on individual ability. This is recommended for medium to high fitness abilities!

**Cardio/ Strength Intervals-** Moderate to high intensity interval training through timed intervals designed for strength and cardio improvement. 2/3\*

**Cardio, Strength and Stretch-** A great cardio workout that can fuse in dance, high/low and much more as well as strengthening and/or seated core exercises. The class will finish with a stretch. 1\*

**Cardio Toning-** This class is interval training with 2 to 3 minute segments of cardio and strength. This fast paced, effective exercise class can be done in stations or as a group.

**Circuit Training-** This class is functionally driven. You will use the BOSU, Kettlebells, Benches, Sandbags and More for a variety of exercises aimed at improving both strength and cardio endurance. 3\*

**Cycle-** This indoor cycling class focuses on endurance, strength, intervals, high intensity and recovery. 2\*

**Cycle 45 -** These classes focus on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting for 45 minutes. 2\*

**Cycle 101-** This 45 minutes class introduces you to indoor cycling. 1\*

**Cycle/ Strength-** This combines 30 minutes of cycle with 30 minutes of strengthening exercises. 2\*

**Dance/ Core -** This class consists of a series of low to high impact exercise used to raise your heart rate. The class transitions down to the mat for non impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Please bring a mat.

**Dance Fit-** This is a dance fitness class that combines line dances, Latin dances and more. This is for all fitness levels especially beginning level cardio. \*1

**Drum Fitness-** This fun cardio workout combines the benefits of traditional physical fitness with the mental benefits of music and rhythm. We will use the large exercise balls and drum sticks. 2\*

**Good Morning...-** This class is interval Training with 4 minute segments of low impact aerobics and 2 minute segments of strength choreographed to your favorite music! Light weights, bands and balls will be used.

**IntenSati-** This is a mind/body/spirit workout that is modified for every level. Featured on Dr.Oz it strengthens your heart, develops coordination, strength and balance. It can give you a greater ability to focus and heightened awareness of gratitude, joy and love! Only offered at certain locations.

**Forever Fit-** This is a high/low aerobic exercises and fun dance moves choreographed to their favorite music.

**Line Dance-** This class combines all your favorite line dances and songs with fitness moves and some new dances! 1\*

**Line Dancing Zumba Blend-** This class is the latest and old favorites line dances combined with Zumba. Zumba is a dance fitness program based on international rhythms and movements. Come join the party!

**Momma Fit-** This class combines cardio work with some strength using your stroller. Bring your little one along and burn off some calories!

**NIA-** Energizing and Funky! This class increases flexibility, agility, balance, and coordination. Perfect for all levels.

**Power Walking-** This class uses proper technique while walking to create a low impact workout that improves cardiovascular endurance and total body strength.

**Rhythm and Balance-** This class combines fun rhythmical movement and exercises that are designed to improve your balance and strengthen muscles for every day activity all which having a great time. This class is done sitting or standing. It is very safe, fun and all welcome!

**Rhythm and Moves-** This standing cardio oriented exercise class will get your heart pumping to your favorite music. It can be high or low impact!

**Sports Core Conditioning-** This is specially designed to strengthen the muscles involved in rotational sports and includes cardio drills. Equipment used for this class may include a mat, free weights, a resistance tube, and stability ball. 3\*

**Standing Group Exercise-** low impact exercises in either standing or sitting positions. Movements include weight training, isometrics, stretching, balance training, body weight movements and aerobic exercises.

**Step-** Step is a great cardio workout stepping up and down on a rectangular platform. It is an oldie but a goodie! 2\*

**Step Fusion-** A mixture of stepping, aerobics and toning challenges balance, coordination and endurance. 2/3\*

**Super @ 60-** Exercise to your favorite music while doing this low impact physical activity program. It is proven to reduce pain and decrease stiffness as well as increase balance and core strength. The routine includes low impact aerobics, gentle range of motion, strengthening exercises, balance exercises and core exercises. Balls, weights and bands may be used! All fitness levels welcome!

**Ready for 5K-** This class includes a warm up, gradual training and a stretch and strength segment all to prepare for a 5k run. Stop putting off your 5k dreams!

**Tabata-** This class is a high intensity cardio and strength class in cycles that consist of 20 seconds of high intensity followed by ten seconds rest. This cycle is completed eight times.

**Groove, Strength, and Core** - This class combines 25 to 35 minutes of cardio, 10 minutes of strength and 10 minutes of core work to fun upbeat music!

**Zumba**- A dance fitness program based on international rhythms and movements. Join the party! 2\*

**Zumba & Core**- This class consists of 40 minutes of Zumba plus 15 minutes of core work! 2\*

**Zumba & Strength**- A dance fitness program (Zumba) for the first 40 minutes with 15 minutes of strength and core work! 2\*

**Zumba and Zumba Blend**- This is a dance fitness program based on instrumental rhythms and movements. Come join the party!

**Zumba for Seniors**- This class is based on instrumental rhythms and low impact movements. This improves coordination, balance, range of motion and over all well-being. It can be sitting or standing or a combination of both.

### **Mind/Body Classes**

**Barre**- This is a fun empowering class focusing on postural strength and alignment followed by a series of upper body and core exercises. The ballet barre is used to sculpt the lower body, abs and flexibility training. A mat may be used for floor work at the end. \*2

**Chair Yoga**- This ancient Indian body of knowledge uses gentle exercise, breathing and meditation to achieve harmony, balance, and flexibility. This is done in and around the chair. 1\*

**Flex Barre**- This is a class with all the basic barre strengthening moves combined with standing stretches. \*1

**FLOW**- This is a combination of yoga, Pilates, and Tai Chi. There is mat work. 2\*

**Gentle Yoga**- This is a slow paced yoga class focusing on breathing, gentle yoga movements and postures, stretching and relaxation postures. 1\*

**Golfer's Yoga/Stretch**- This is a stability yoga class focusing on rotational moves necessary for golfers.

**Meditation Class**- This class is conducted from a seated position with relaxation and breathing techniques to help improve bodily functions.

**On the Ball**- "Have a Ball" This is a core based class done primarily on or with the Stability Ball. A bodyweight class that incorporates range of motion, core stability and core engagement to perform a variety of exercises on the ball. 2\*

**On the Ball & More**- "Have a Ball" in this total workout that uses a variety of resistance equipment, including the stability ball. Pilate's exercises are performed on the ball and mat, with a focus on correct alignment and breathing. Previously known as Ball Fit 2\*

**Pilates**- This class consists of a series of non impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. 2\*

**Pilates and Stretch**- This class consists of 35 of a series of non impact exercises designed by Joseph Pilates to develop core strength, flexibility, balance, and inner awareness. The class ends with 20 minutes of full body stretches. 2\*

PiYO-This is a low impact, bodyweight workout that blends strength, cardio, core and balance. It is dynamic in movement and will sculpt your entire body. . 2\*

**Power Pilates-** This class consists of a series of low to no impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. There are added elements of cardio and core work for this advanced level class. 3\*

**Resistance Bands and Core-** This class uses resistance bands for a total body workout while mixing in core and strength exercises from a standing and seated position. It is non impact to fun music. 2\*

**Restorative Yoga-** This is a slow paced yoga class focusing on breathing, gentle yoga movements and postures, stretching and relaxation postures.

**Tai Chi-** Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. We blend this with other disciplines that also integrate physical posture, breathing techniques and focused meditation. For all fitness levels! 1\*

**Tai Chi/ Balance-** Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. We blend this with other disciplines that integrate physical posture, breathing techniques, focused meditation and balance. For all fitness levels! 1\*

**Therapeutic Stretch-** This class includes therapeutic stretching, core strengthening, Pilates exercises and relaxation. Mat work included. 1\*

**Total Stretch-** This 45 min class will stretch you from your head to your toes. Stretching helps prevent injuries, increase flexibility and calm your mind. Mat work included however seated options will be shown. 1\*

**Vinyasa Flow Yoga -** This class is a vigorous fitness based approach to traditional yoga. 2\*

Yoga and Core- This is an ancient Indian body of knowledge that uses exercises, breathing and meditation to improve circulation, balance and over all mental and physical health. The added core focus integrates elements of Pilates and balance to tone and strengthen your mid section. 2\*

**Yoga and Power Yoga-** This is an ancient Indian body of knowledge that uses exercise, breathing and meditation to improve circulation, balance and overall mental and physical health. This can be done sitting, standing or on a mat.

**Yoga-** This is an ancient Indian body of knowledge that uses exercises, breathing and meditation to improve circulation, balance and over all mental and physical health. 1/2\*

**Yogalates-** This mat class is a combination of yoga and Pilates. It utilizes strengthening exercises and basic yoga poses with correct breathing techniques improving balance, flexibility, strength and your core. 1\*

### **Seated Classes**

**Chair Yoga-** This ancient Indian body of knowledge uses gentle exercise, breathing and meditation to achieve harmony, balance, and flexibility. This is done in and around the chair. 1\*

**Flex and Stretch-** This is a toning and stretching class. Exercises are done seated with resistance bands and static stretching.

**Going Strong Seated Exercise Class-** This class combines safe exercise, movements and choreography to their favorite music! Segments of low impact cardiovascular movement, balance, stretching and an emphasis on strength exercises for Independent Living, Assisted Living or Personal Care Communities. Balls, bands and weights will be used.

**Going Strong Seated Exercise Class-“Memory Lane”** This class combines safe exercise, movements and choreography to their favorite music! Segments of low impact cardiovascular movement, balance, stretching and an emphasis on strength exercises specifically for the memory impaired.

**Going Strong Senior Adult Exercise Class-** Safe exercise movements and choreography to their favorite music for assisted livings! Segments of low impact cardiovascular movement, balance, strength, stretching, and range of motion exercises.

**Groove, Strength and Stretch-** This class combines standing or seated cardio work with your favorite music and strength work possibly using equipment such as weights, ball or band. This class does not use a mat or go to the floor and ends with a stretch.

**Seated Yoga/Stretch-** Yoga is an Indian body of knowledge that uses exercise, breathing and meditation to achieve harmony and balance. All poses are done with assistance of a chair. This class can be done for all fitness levels.

**Seated Zumba-** Everything you would expect from Zumba only in a chair! Join the Party!

**Slow'n Steady-** This class is conducted from a seated position only including light weight training, resistance bands and isometric stretching.

### **Silver Sneakers Classes**

**Silver Sneakers Cardio Fit-** This is an aerobic class that is safe, heart healthy and gentle on the joints. It includes easy to follow low impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize.

**Silver Sneakers Circuit-** This class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Silver Sneakers Classic-** This class moves through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Silver Sneakers with Yoga -** This class moves through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Ending with yoga poses, restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Silver Sneakers Splash-** This class offers shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordinating.

**Silver Sneakers Yoga-** This class will move the whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### **Strength Classes**

**Circuit Class-** This class focuses on cardio and strength and can be adapted for any ability. It improves upper and lower body strength as well as abdominal and postural muscles.

**Circuit Training-** This is a interval training class with 2 to 3 minute segments of cardio and strength. This effective exercise class can be done in stations or as a group. All fitness levels welcome!

**Fitness Room Coverage-** Fitness assessments, orientations, set up, and Arthritis Foundation Guidelines all provided through this program. We come to you and keep your residents safe! We work one on one with clients, plus cover the entire room.

**Long, Lean and Chiseled-** LLC's dance conditioning techniques are utilized to develop longer, leaner muscles while increasing flexibility. Lightweights, bands and balls can be used.

**One on One-** After being released from physical therapy our instructors help you continue your healing and personal fitness and wellness using Arthritis Foundation based exercises proven to reduce pain and decrease stiffness with gentle range of motion exercises.

**Power Pump-** A full body weights workout for all your major muscle groups using bar bells as well as free weights.  
2\*

**Pump It-** This class combines whole body strength training. Perfect class for men and women. 2\*

**Pump It 101-** This class combines and introduces you to whole body strength training. Perfect class for men and women. There is NO mat or floor work. 1\*

**Pump It 45-** This 45 minute class combines whole body strength training, but does NOT include mat or floor work.  
1/2\*

**Resist-a-Tone-** This is a full body conditioning class using resistance tubes. It will strengthen and tone from head to toe.

**Strength and Stretch-** This program will improve your strength and flexibility while having a blast! This class includes strengthening exercises with band, ball and/or weights followed by stretching. We will end the class with deep breathing and chair yoga.

**Stretch and Tone-** This program will improve your strength and flexibility! This class includes strengthening exercises with band, ball and/or weights followed by stretching. We will end the class with deep breathing and chair or standing yoga.

**Strength/Balance-** This class combines standing strength work with free weights and balance work possibly using equipment such as ball or band. This class does not use a mat or go to the floor.

### **Water Classes**

**Aqualicious-** This water class contains mild aerobic content and exercises that are designed to strengthen muscles for everyday activity choreographed to their favorite music.

**Aqua Ballet-** This class combines ballet moves leaps, stretches and more in the water to classical music.

**Aqua Tai Chi-** This is a warm water class with slow smooth body movements encouraging relaxation.

**Aqua Zumba-** This is a slow to medium paced class that is derived from Latin Dance. It is based on instrumental rhythm and movements. Join the Party!

**Pool Coverage-** This program includes American Red Cross Water Safety Certified guards, one on ones and water walking. This entire program comes to you and keeps your pool safe!

**Rhythm and Water-** This class contains mild aerobic content and exercises that are designed to strengthen muscles, increase flexibility, range of motion, core strength and have FUN! This is a mix of water Zumba, Pilates, ballet and strength.

**Water Intervals-** This class combines aerobic movement, cardio, and strength work into a timed interval format to keep your heart rate up and increase muscle strength all while in the water. A noodle or water weights may be used. 1\*

**Water Party-** This class gives all the benefits of a water workout but with a party feeling and fun music! 1\*

**Walk with Ease-** This program motivates you to get in great shape and walk safely and comfortably. It has been shown to reduce pain, increase balance and strength, and improve overall health.1\*

**Water Workout-** This class combines mild aerobic content and exercises that are designed to strengthen muscles. It will increase range of motion, flexibility, core strength, and you will have fun! 1\*

**Water Workout Lite-** This total body water workout is much like the Water Workout with mild aerobic content and water exercises, however it is gentler to the body. ALL fitness levels welcome! 1\*

- Class Levels

1- All Welcome

2- Intermediate

3- Hardest