

Class Descriptions

****Classes and instructors may change at any time****

Warm Water Aquatic Classes:

Aqua Aerobics: Get motivated for the day with this cardio plus resistance workout.

Liquid Magic: A warm water class designed for individuals with a variety of musculoskeletal limitations; includes resistance training, water walking and stretching.

Joyful Joints: A class designed for people with arthritis.; increase your range of motion while strengthening muscles and joints. This warm water class is set to music for an upbeat feeling for those who like to move & groove.

Water Volleyball: Pool Fun! This is a great way to be active and social in the same hour (and a half)!

Ai Chi: This is a water-based, total body strengthening and relaxation progression class. This fitness choice uses a combination of deep breathing and slow, broad movements for all fitness levels.

SilverSplash®

Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

H2O Water Balance

Water provides support and a safe environment for practicing balance. Movements are performed without fear of falling which can improve confidence and stability. This is a slow movement class which will also enhance Range of Motion. Excellent resource for PD, MS and other neurological disorders.

Land Classes:

Sittercise: A class of light cardio, strengthening, and flexibility chair exercises utilizing light weights, bands and other props. Minimal standing exercise optional.

Classic - SilverSneakers®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Tai Chi: The gentle movement techniques introduced in this program are designed to help individuals move with control. If you are looking for a balance class with stress reduction, this is the one for YOU!

Silver Sneakers Yoga: This class is suitable for anyone who needs a little extra support and may have challenges with balance. All poses are done either standing or in a chair. Suitable for all levels of fitness.

Flex & Firm: Inspired by Yoga and Pilates, this class strives to enhance your flexibility, balance and strength. This class is great for the people who want to get moving before the rest of your day begins. Involves mat work as well as stability ball work..

Active with Arthritis: Join this group for seated range of motion exercises designed to help you stretch and maintain your strength.