

POOL CLASSES

Arthritis Basics: Beginner Level class with no *White Water*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility, and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

H2O Aerobics: A moderate to high-intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

H2O Tai Chi: A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion, and a feeling of well-being, with breathing, meditation, and relaxation techniques.

LAND CLASSES

Strength Circuit: Components of strength and conditioning are used in a fun group setting to strengthen your upper body, lower body, and core, increase flexibility, and improve cardiovascular health.

Cardio Interval: Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

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

Yoga: 50 minutes of yoga which focuses on using breath to flow from one pose to another. Challenge options for improving strength and balance are provided. All levels are welcome. Basic knowledge of yoga poses is preferred.