

# What exercise class is right for you?

## **Low Impact Aerobics : Tuesdays and Thursdays, 11:30 AM - 12:30 PM**

This class uses a combination of mostly seated exercises that focus on strength, flexibility, and stamina. You will use dumbbells, exercise bands, and balance balls. Low Impact Aerobics is a very good class for a beginner.

## **Exercise Away the Aches: Mondays and Wednesdays, 11 AM - 12 PM**

This is a mostly seated class that focuses on improving joint discomfort. Exercises are for increasing flexibility and range of motion in hands, wrists, shoulders, ankles, etc. You may use dumbbells and bands in this class. Exercise Away the Aches is a good choice for someone experiencing arthritis or other joint issues.

## **Medium Impact Aerobics: Tuesdays and Thursdays, 10:15 - 11:15 AM**

This class focuses on cardio exercises, weight training, and floor work. Equipment used includes dumbbells, bands, and mats. Typically, this class spends 15 mins on cardio, 15 on strength, 15 on abs/floor work. This is an intermediate class for those who want to get their heart rates up.

## **Total Body Workout: Mondays and Wednesdays 9:30-10:30 AM, Fridays 8:30 AM**

This is a high-energy class for those who want to sweat! Cardio and weight training are elements of TBW. This class is for someone who really wants to move - no sitting in this class.

## **Yoga: Tuesdays and Thursdays, 9-10 AM**

This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. You can expect to be on the floor or in a chair during this class. This is a good class for a beginner.

## **Tai' Chi: Fridays, 10—11:30 AM**

This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. This class is about concentration and getting the positions/poses correct. This is a good class for a beginner.

## **Line dancing: Mondays, 1-3 PM**

The first hour of this class goes through familiar line dances. The second hour is for teaching and practicing new dances. Beginners are encouraged to start at the first hour.

## **Belly dancing: Mondays and Wednesdays, 11 AM—12 PM**

We dance to world music and learn basic steps of Eastern dance. This is a low-impact aerobic dance. It's a good choice for people who want to build flexibility and strength in their backs and core. Wear exercise clothes and bring a scarf to tie around your hips. No experience necessary.

## **Dance aerobics: Thursdays, 3:30– 4:30 PM**

We groove to familiar dances such as the Cupid Shuffle, Macarena, Slide, and the Twist, as well as to other dances that we learn together. We've added cardio components to dances to make it an aerobic work-out. All abilities are encouraged to participate and dance experience is not required.

***Above information is subject to change.***

***Remember to consult with a doctor before starting any exercise program.***



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