

FITNESS CLASSES

Tai Chi Easy: Tai Chi is a mind-body activity which involves relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy. Tai Chi Easy promotes healthy energy flow in the body, which can lead to optimal health. It is easy to practice and excellent for physical well-being, reducing stress and improving one's balance.

Sun-Style Tai Chi: Sun-style tai chi is an internal martial art founded by expert Sun Lutang. The style is characterized by smooth, circular movements, medium to high postures, and relatively gentle transitions between poses without issuing of force.

Chair Exercise: A proper balance of exercise can relieve stiffness and maintain or improve muscle strength and joint mobility. This program includes range of motion, flexibility, strength and endurance exercises and relation techniques.

Fallproof: A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility.

Workout Weights: A workout with weights promoting bone strength.

Boomer Yoga: Is a gentle yoga class designed for adults 50 and older. Traditional asanas or postures and breath work will be utilized to promote balance, flexibility, strength and relaxation. Adjustments to poses will be offered to accommodate individual participant needs. Loose, comfortable clothing recommended.

Yoga-Healing Through the Chakras: The Sanskrit word "Chakra" represents the spinning points of energy in the body which correspond with major organs and nerve bundles. Because these energy points are closely related to important health centers, it is important to maintain their energy flow for health and vitality. Learn how to revitalize your natural energy which will boost your health and immune system through harmonizing your 7 major chakras.

Yoga With Josh: A type of yoga exercise in which you move your body into various positions in order to become more fit and/or flexible, to improve your breathing, and to relax your mind.

Silver Sneakers Classes:

Circuit: Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with seated, upper-body strength work using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

Enerchi: EnerChi is comprised of easy to learn, modified tai chi forms aimed at improving well-being. Low impact movements are practiced in a slow, flowing sequence to enhance strength, balance and focus. Standing and seated options offer participant choices.

Silver Sneakers Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Chair Volleyball: Chair volleyball is intended to reduce stress and boost self-esteem and confidence in individuals who are not able to play standard volleyball. It's played inside, players sit on chairs and the ball is a beach ball. Regular volleyball rules apply, however, you must NOT get out of your seat.