

# GROUP EXERCISE CLASS DESCRIPTIONS

## **Active Adult Fitness**

This class is designed for Active Older Adults as well as SilverSneakers® members. It consists of a variety of cardiovascular movements, strength exercises & flexibility training – all done with low or no impact. Great for beginners too!

## **Core**

Work the entire core with a focus on the abdominal area and low back in this short but effective class.

## **Functional Strength**

Build total body strength to improve your performance in all activities of daily living with the use of dumbbells, resistance bands and/or body weight.

## **SS Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity in daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.

## **Step**

Structured movement using a step with adjustable risers offers a workout to get the heart pumping and the muscles stronger.

## **Stretch and Balance**

This class helps keep your joints flexible, prevent stiffness and helps to reduce your risk of falling and injuring yourself.

## **Trek N Tread**

This class is held out in the cardio area of the gym on a treadmill. You will have an instructor take you on a journey with hills, runs, sprints, strength phases and endurance challenges. You will have the opportunity to use speed and incline to challenge yourself and get better results.

## **Yoga**

This mixed level yoga class improves strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment.

## **Zumba**

Effective body sculpting movements mixed with easy to follow, fun dance steps, inspired by upbeat Latin music and dance styles.