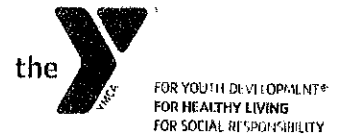


## Class Description



- Silver Sneakers Circuit-** Combine fun with fitness to increase your cardiovascular endurance and power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.
- Cardio/Weights-** This is a fun-filled class combining weight training, step aerobics, and kickboxing. It's a great workout and lots of fun.
- Cycling-** This intense cycling class is full of hill climbs, jumps, and sprints. It's a challenging work out that can push you to your limits.
- Line Dance-** Please contact Debbie Smart at 336-623-8496 for details.
- Pilates-** A mat based class that focuses on developing core muscle stability and flexibility.
- Silver Sneakers Classic-** This is a chair or stand up fitness class designed for seniors. This fitness program is proven to aid in the day to day activities for older adults to improve circulation and coordination.
- Kettlebell-** A 30 minute intense workout that uses a small kettlebell to work all muscle groups.
- Deep Water Running-** Deep water running exercise classes take the pressure off your bones and joints to allow you to participate in an effective cardiovascular workout. Grab your flotation belt and dive right in for a great workout. **NO SWIMMING ABILITY REQUIRED.**
- Shallow Water Exercise-** Are you looking for a great, high energy workout that gets your heart rate up? This class is taught in the shallow end of the pool, so non-swimmers are welcome.
- Zumba-** This aerobics class incorporates Latin and African dance to give an all-around great workout. It's lots of fun so come and join us.
- Yoga -** A beginner level class for participants new to yoga. Mats are available or you may bring your own. We will stand, sit on the floor & lay down so wear comfortable clothes & bring a towel. Transitions from seated to standing poses are minimal.

### EDEN FAMILY YMCA

301 S. Kennedy St, Eden NC

P 336-623-8496 [www.edenymca.org](http://www.edenymca.org) A United Way Agency

Our Mission: "To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all."