

CLASS DESCRIPTIONS

AQUA FIT is a low-intensity but energetic class that includes exercises for cardio, strength, range of motion, and balance. This class will get your joints and muscles moving at a level of low impact. Enjoy working on your cardiovascular endurance without the impact on your knees and other major joints. Expect breaks throughout the class, periods of slow rest, and less lower body movements, like jumping. *Low intensity and moderate pace*

ARTHRITIS AQUATICS is for those who suffer from the effects of arthritis and/or joint stiffness. It is designed by the Arthritis Foundation to help you feel better by reducing stiffness and inflammation. The class consists of range of motion movements that target joint, skeletal, and muscular soreness and pain without putting excess strain on your joints and muscles. Low intensity movements will strengthen, stretch, and revitalize your body. *Low intensity and slow pace*

ARTHRITIS LAND is a group recreational exercise program designed by the Arthritis Foundation for people with arthritis. Consisting of gentle movements performed while sitting, this class helps to increase overall flexibility, range of motion and maintain muscle strength. Arthritis Land can help reduce pain, stiffness and improve your outlook and functional ability. *Very low intensity and very slow pace*

BFIT (BALANCE & FUNCTIONAL IMPROVEMENT TRAINING) is a specialized class focusing on a variety of skills that will improve your balance and functional abilities. Each class will challenge you with new and different skills including: overall balance, coordination, flexibility, core strength, mobility, muscular endurance, range of motion, spatial awareness, hip and leg strength, walking ability and walking confidence. Standing walking exercises, stationary balance drills, moderate agility, foot/eye coordination, and seated strengthening exercises are all included. *Low to high intensity*

CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper and lower body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Expect an active, standing class with few breaks and constant movement. *Moderate to high intensity*

HYDRODYNAMICS is an upbeat class for those who want to kick it up a notch! This class keeps you on your toes, gets your heart pumping, and activates all muscle groups. It's a great way to accomplish your cardiovascular and strength-building goals while also improving your balance and flexibility. Expect few breaks and constant movement throughout the entire class, including jumping and jogging. *Moderate intensity and fast pace*

LAND YOGA Take 45 minutes out of your day to slow down, unwind and tune in to your body. Floor Yoga includes both seated and standing postures as well as work on the floor- seated, on all fours, back and stomach. This class helps to develop balance, range of motion, functional movement, posture and strength. Expect to focus on breathing and alignment. Chairs are included to

assist with balance and to transition from floor to standing. Please bring a yoga mat if you own one. Shoes are optional.

Low to moderate intensity

SILVERSNEAKERS®CLASSIC Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Low to moderate intensity

SILVERSNEAKERS®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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. *Low intensity*

SPLASH & BURN is a dynamic full-body exercise class that is done completely in the water. It incorporates cardiovascular, plyometric, and strength routines that will target all of the usual stubborn areas; arms, upper back, core, and legs. Set to an upbeat tempo, you will be pushed the full length of the class! *High intensity and fast pace*

TAI CHI is an introspective martial arts class that relies on sensory perception and being fully aware of oneself to respond to situations that require reaction time and coordination. It involves a series of slow, meditative movements that allow a person to relax and enhance balance and health. This 8-week class will build on movements learned in each class, culminating in one final, flowing sequence. *Low intensity*

TOTAL BODY H2O uses water resistance for improvement in cardiovascular endurance and muscle conditioning. Strengthening exercises and fluid movements are incorporated to promote elements of flexibility and relaxation. This class is perfect for those that like a complete aquatic workout for the body and mind. Expect movement throughout the entire class and use of pool equipment including weights, paddles, and resistance bands. *Moderate to High intensity*

WATER AEROBICS incorporates exercises that will increase your cardiovascular endurance and strength. This class will get your heart rate up while toning muscles and increasing overall range of motion. Easy on your joints and bones.

Low to moderate intensity

513-896-8087 | www.elementswellness.org

THE BEVER | 855 Stahlheber Road | Hamilton, Ohio 45013

THE SQUARE | 100 Berkeley Drive | Hamilton, Ohio 45013

