

# CLASS DESCRIPTIONS

## *AQUATICS CLASSES*

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 activated 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.

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.

TOTAL BODY H2O uses water for resistance 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.

SPLASH & BURN is a 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: the arms, upper back, core and the legs. MODERATE TO HIGH INTENSITY.

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## *LAND CLASSES*

**STRETCH & FLEX** is designed to help open up joint range of motion through various movements. This class is designed to help reduce tightness surrounding the joints, help increase strength, muscle endurance, and joint stability while using different modalities. Chair support will be offered for safety. This class does require you to be able to get down and up from the floor, lying on your side, back, or stomach as well as sitting down in an upright position. **MODERATE TO INTENSITY.**

**SILVERSNEAKERS YOGA** is designed to 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 motion. Restorative exercise and final relaxation will promote stress reduction and mental clarity. **LOW INTENSITY**

**CIRCUIT** is designed to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper and lower body strength with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobics 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.**

**BALANCE** is a specialized class focusing on a variety of skills that will improve your balance and functional abilities. Each class will challenge your 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. Chair support will be provided for those that need it. **MODERATE TO HIGH INTENSITY**

**CARDIO DRUMMING** is an upbeat class that will rev up your heart. By using drum sticks and a stability ball to drum to the beat of the music. Enjoy the upbeat tempo of what cardio drumming has to offer. **MODERATE TO HIGH INTENSITY.**