SPECIALTY FITNESS
AT SOUTHEAST RECREATION CENTER

**HATHA YOGA**  
*Ages 16 and older*  
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.  
- Mon., 9-10 a.m.  
- $25 ($20 Resident)

**TRX**  
*Ages 16 and older*  
Get energized with TRX or Total Body Resistance Exercise! In this class we will use suspension to develop strength, stamina and balance while getting a full body workout. Class will include TRX strap work along with weights, bands and balls in a circuit format. Join us for an unforgettable fitness experience.  
- Tue., 7:30-8:30 a.m.  
- Fri., 9:15-10:15 a.m.  
- $30 ($25 Resident)

**YIN YOGA**  
*Ages 16 and older*  
Join us for this transformative class. Yin Yoga is a gentle and relaxing all-level class that focuses on extended holds of postures that will work deeply into the connective tissues and joints of the hips, pelvis and lower spine. Open to all levels.  
- Sat., 10:30-11:15 a.m.  
- $25 ($20 Resident)

**YOGA FLOW**  
*Ages 16 and older*  
Students will be guided to link breath with movement at a natural, meditative pace; great for beginners and those with prior yoga experience. Students will notice numerous wellness benefits as they work on strength, balance, flexibility and breathwork.  
- Tue./Thur., 9-10 a.m.*  
- Tue., 6-7 p.m.  
- Sat., 9:15-10:15 a.m.  
- $25 ($20 Resident)*

**MAT PILATES**  
*Ages 16 and older*  
Strengthen your body with low-impact flexibility, muscular strength and endurance movements. Not only will this class improve your core muscle strength, but you will also see lasting benefits to your overall well-being.  
- Thu., 7-8 p.m.  
- Wed., 5-6 p.m.  
- Sat., 8-9 a.m.  
- $25 ($20 Resident)

**VINYASA YOGA**  
*Ages 16 and older*  
In this dynamic yoga class, you will learn how to link breath to physical activity, while building a constant flow of movement that focuses on balance, strength and mindfulness. Open to all levels.  
- Wed., 8:45-9:45 a.m.  
- $30 ($25 Resident)
DROP-IN CLASSES (INCLUDED WITH MEMBERSHIP)

SILVERSNEAKERS CLASSIC
Ages 50 and older
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use handheld weight, elastic tubing with handles and a SilverSneakers ball. A chair is also often used for seated exercises or standing support.

• Mon./Wed., 1:30-2:30 p.m.

TOTAL BODY STRENGTH
Ages 16 and older
Each class will focus on building strength and stability throughout the whole body for a well-rounded workout. Bodyweight exercises, mini cardio bursts and a variety of strength and functional equipment will be incorporated.

• Mon., 5-6 p.m.
• Wed., 7:30-8:30 a.m.

HIGH FITNESS
Ages 16 and older
High Fitness is a HIIT aerobics class for any age and fitness level. Think old school aerobics transformed into modern, heart pounding fun. Each track alternates high intensity movement combined with moderate active recovery which makes it a highly effective workout. Classes are fun, with easy-to-follow choreography and fabulous music. High Fitness is a full body workout using zero equipment that will improve your endurance, stamina and strength.

• Tue./Thu., 6-7 a.m.

BELLY DANCE
Ages 16 and older
Find self-love and release while blending different sounds and dance styles with the ancient art of belly dance—known to many as Transnational Fusion Belly Dance. There will be choreographies and combos that are inspired by Fantasy recreations of cabaret, folk or ATS style belly dance with moves from hip-hop, jazz, flamenco and contemporary styles. Come connect to your strength, love your body and get creative!

• Tue., 7:15-8:15 p.m.