### ACAA Fitness

- **MAT YOGA**  
  *Ages 50 & older*  
  Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation and mindfulness meditation.  
  - Mon., 11 a.m.–noon

- **SILVERSNEAKERS CLASSIC**  
  *Ages 50 & older*  
  This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.  
  - Mon., 11:30 a.m.–12:30 p.m.  
  - Wed., 11 a.m.–noon

- **ZUMBA**  
  *Ages 50 & older*  
  Dance your way to a fitter you with exciting and unique Latin moves and rhythms.  
  - Tue., 10:10–11:10 a.m.

- **SILVERSNEAKERS CHAIR YOGA**  
  *Ages 50 & older*  
  Very gentle and basic yoga postures and stretches are done standing and sitting. No movements or poses are done on the floor.  
  - Mon., 10:15–11:15 a.m.  

- **SILVERSNEAKERS STABILITY**  
  *Ages 50 & older*  
  Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.  
  - Tue., 11:15 a.m.–12:15 p.m.

- **POP AND ZUMBA**  
  *Ages 50 & older*  
  Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.  
  - Thu., 10:10–11:10 a.m.

- **GLOBAL DANCE BEATS**  
  *Ages 50 & older*  
  An upbeat cardio experience combining dance and drumming with squats and lunges targeting inner, outer, butt, core and more!  
  - Fri., 10–11 a.m.

- **WEIGHT ROOM ORIENTATIONS (BY APPOINTMENT ONLY)**  
  *Ages 50 & older*  
  Complimentary one-hour orientation to the weight room and cardio equipment.  
  - Upon Availability

- **TOTAL FITNESS**  
  *Ages 50 & older*  
  Get totally fit with a warm-up, low impact cardiovascular aerobics, strength training and cool-down stretching and flexibility exercises.  
  - Mon./Tue./Thu./Fri., 9–10 a.m.  
  - Mon., 8–8:45 a.m. and 9–10 a.m.

- **BELLY DANCE FIT**  
  *Ages 50 & older*  
  This encompasses belly dance, core fitness, and strength building cardio into one invigorating and rejuvenating workout.  
  - Fri., 12:15–1:15 p.m.

- **SILVERSNEAKERS CIRCUIT**  
  *Ages 50 & older*  
  Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands and a SilverSneakers ball and chair are used.  
  - Thu., 11:15 a.m.–12:15 p.m.  
  - Fri., 11 a.m.–noon

- **FIT FLOW**  
  *Ages 50 & older*  
  Full total body workout. It offers a variety of movements to improve balance and increase muscle tone with the use of weights, resistance bands, exercise balls, and exercise on the mat.  
  - Wed., 8–9 a.m.