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
• Tue., 1-2 p.m.

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.

• 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.

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.

WEIGHT ROOM ORIENTATIONS (BY APPOINTMENT ONLY)
Ages 50 & older
This is a complimentary information fitness orientation typically 30 minutes in length that will provide you with the basics of how to use the weight machines and cardio equipment.

Please note: an orientation is not a personal training session. Call to make an appointment.

• Tue./Thu., 9-9:30 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.

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 9-10a.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.

• Fri., 11 a.m. - noon