AT BECK 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.

- Aug. 7-28
  - Monday, 9-10 a.m.
  - $25 ($20 Resident)

YIN YOGA
Ages 16 and older
A gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine using extended holds of postures.

- Aug. 5-26
  - Saturday, 10:30-11:15 a.m.
  - $25 ($20 Resident)

TAI CHI FOR BETTER BALANCE
Ages 16 and older
Improve range of motion and balance with circular movement patterns repeated with focus on grace, balance and controlled breathing.

- Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

CARDIO REMIX
Ages 16 and older
Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You’ll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You’ll also feel those muscles burn with an added dash of strength training mixed in.

- Tuesday/Thursday, 6-7 p.m.

SILVERSNEAKERS CLASSIC
Ages 50 and 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. A chair is used for seated exercises and standing support.

- Monday, 9:30-10:30 a.m.

SPIN
Ages 16 and older
Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music.

- Monday/Wednesday, 6-7 p.m.

SILVERSNEAKERS CIRCUIT
Ages 50 and older
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 non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

- Wednesday, 9:30-10:30 a.m.
SILVERSNEAKERS CARDIO FIT
Ages 50 and older
Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance, and core.

* Friday, 9:30-10:30 a.m.

WEIGHT ROOM ORIENTATIONS
Ages 16 and older
This is a one hour complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines. Call to make an appointment.

* Please note: an orientation is not a personal training session.

* Tuesday/Thursday, 12-1 p.m.

Specialty Fitness

VINYASA 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.

86110 July, 1-29
- Monday, 6:45-7:45 p.m.
- $6 ($5 Resident)

86207 July, 5-26 Friday, 5:30-6:30 p.m.
- $6 ($5 Resident)

86113 July, 6-27
- Saturday, 10-11 a.m.
- $6 ($5 Resident)

CARDIO KICK BOXING
Ages 16 and older
A multi-level cardio class that incorporates kickboxing and boot camp moves. A total body workout that involves using multiple muscle groups to elevate the heart rate and improve speed, agility, and quickness.

86100 July, 6-27
- Saturday, 8:30-9:30 a.m.
- $6 ($5 Resident)