Beck Recreation Center

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 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.

**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.

**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 with a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body. Improve strength, balance and core.
- Friday, 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, 5:30-6:30 p.m.

**BOOTCAMP**
*Ages 16 and older*
Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength and endurance.
- Tuesday/Thursday, 5:30-6:30 p.m.