DROP-IN CLASSES
AT BECK RECREATION CENTER

INCLUDED WITH MEMBERSHIP

**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. A chair is used for seated exercises and standing support.

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

**SPIN**
*Ages 16 & 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.

- **Mon./Wed.**, 5:30-6:30 p.m.

**SILVERSNEAKERS CARDIO FIT**
*Ages 50 & 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 and improve strength, balance and core.

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

**TAI CHI FOR BETTER BALANCE**
*Ages 16 & older*

It is a graceful form of exercise that improve balance and range of motion. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.

- **Tue./Thu.**, 11:30 a.m. - 12:30 p.m.
SILVERSNEAKERS CIRCUIT
Ages 50 & 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.

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

CARDIO REMIX
Ages 16 & 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.

- Tue./Thu., 5:30-6:30 p.m.