Beck Recreation Center Drop-In Classes
Drop-in classes included with membership.

**SILVERLEAFERS CLASSIC**
*Ages 50 and older*
This class focuses on strengthening muscles and increasing the 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, 5:30-6:30 p.m.

**TAI CHI FOR BETTER BALANCE**
*Ages 16 and older*
Improve range of motion and balance with circular movement patterns that are repeated with a focus on grace, balance and controlled breathing.
- Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

**SILVERLEAFERS BOOM MOVE**
*Ages 50 and older*
This class focuses on simple dance moves that build into more complex sequences. This is a great cardio workout that improve cardio endurance and burns calories.
- Thursday, 9:30-10:30 a.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, 5:30-6:30 p.m.

**SILVERLEAFERS 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.

**SILVERLEAFERS 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.