Beck Recreation Center
Drop-in classes included with membership.

SILVERSNKERS 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.

SILVERSNKERS 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 no-impact aerobics choreography. Often a chair is used for seated exercises or standing support.
• Wednesday, 9:30-10:30 a.m.

SILVERSNKERS 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, 6-7 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, 6-7 p.m.