

Fitness

Daily fitness classes are on a first come, first served basis.

Active Aging – This seated class will include strength and cognitive training as well as basic cardiovascular exercises. This class is perfect for those who cannot stand for extended periods of time, those who are recovering from physical challenges and those new to exercise.

Barre.lattes! – Focusing on core and leg strength, this class will use the barre in the group fitness studio for basic toning, strength, balance and stretching exercises. We will also work on core strength through Pilates based movements using balls, bands and rings. We may move to the floor for various exercises, but a chair option will be available as well.

Beat. Drum. Boogie! – So much fun you will forget its exercise! We use the large fitness balls as drums to boogie our way to fitness. No experience needed.

Ch.oga (chair yoga) - Come and enjoy this gentle form of yoga. We'll incorporate breathing exercises, yoga postures and relaxation while seated in your chair.

FLOW (yoga) – This yoga class will be taught in a flowing format. Postures will move from one to another and may include moving from the floor to a standing position several times during class. Modifications will be shown and encouraged. Class will end with relaxation. Please bring your yoga mat.

Get Up and Go – This interval style class includes both cardio and strength training, as well as balance and cognitive work. Hand weights, balls and resistance bands may be used. Class is taught 50% standing, 50% seated, although attendees may stand/sit at any time.

Golden Arches Walk Outdoors – Join our outdoor walking group during warm weather months.

Move IT! – This 45 minute class will include both cardio and strength training intervals. You will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills.

Seat Beats – 100% seated dance class.

Strength & Stability – Increase leg and core strength while improving your balance.

Tai Chi Chuan – This class combines balance and strength enhancing exercise with comprehensive self-defense moves. This is a gentle approach to the “original Tai Chi”. This class is a standing format.

Walk 2 Miles – Various forms of marching with fun brain games. This class lasts 30 minutes.

World of Dance – This calorie burning dance fitness party is so much fun you will forget you are exercising! Latin and world rhythms will move you through several songs in each class. No experience needed.

