



LAND CLASS DESCRIPTIONS

Bands- Resistance bands workout for strength training without joint compression. Great core workout while strengthening legs and upper body. Zone = 3

Beginner Line Dancing- Lots of energy, fun, great music, learn all classic line dances. Zone = 1

Boot Camp- Challenging class that uses body weight exercises, weights, and the bands on the wall to tone muscle while also working on cardiovascular fitness. Improves strength and flexibility as well as reduces risk for injury.

Cardio- Standing circuit workout for cardiovascular and muscular endurance power boost. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. Chair used for standing support, stretching and relaxation exercises. Zone = 2

Cardio Kickboxing - A high energy, explosive, exciting and motivating workout. It's the non-contact kickboxing workout that blends elements of boxing, martial arts, and traditional aerobics into a 45 minute exercise routine. This class will increase your strength and flexibility while burning fat. Open to all levels of fitness. Zone = 4

Chair Yoga- Great class to receive the incredible benefits of Yoga-balance, strengthening, flexibility, & relaxation, but while using a chair instead of a mat on the floor. Zone = 1

Classic Chair- Move to the music for muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball for resistance. Chairs available for seated or standing support. Zone = 1

Core Blast- Focus on core strength, balance, and flexibility by performing abdominal and back exercises standing up and on floor mats. Zone = 3

Funk Aerobics- Great strength and aerobic workout while having fun listening to awesome music. Zone= 3

Intermediate Line Dancing- Advance your fun line dancing routine with quicker and more challenging footwork. Zone = 2

Pilates- Improve physical strength, flexibility, and posture, and enhance mental awareness. Zone = 2

Power Pump- Total body strength workout including flexibility and balance exercises. Increase range of motion, strength and over- all functionality in daily activities. Supports a healthy metabolism and reduces age-related muscle and bone loss. Zone = 3

Stretching- Calming class designed to focus on an active recovery and to relax those muscles you work so hard. Zone = 1

Yoga- A series of gentle poses that improves flexibility, strengthens the immune system, tones muscles and promotes relaxation. Revitalize and calm the mind and body. Zone = 1

Zumba- Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance for a total workout!

Zumba Gold- Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zone = 3