

Senior Strength Class Descriptions

Arthritis Water- All classes are led by an Arthritis Foundation Aquatic Program Certified Instructor. This is a very beneficial 'feel-good' class for those with arthritis looking to improve joint mobility and minimize pain.

Basic Strength- This class is best suited for those that are new to exercise. Class will be consistent in exercises that are slower in movement and involve a complete range of motion. Chairs, dumbbells, and wall exercises will be used in this class.

Body Blast LO- Try out new cardio formats with the class that has a mix of everything and keeps it easy on the knees.

Senior Water- This aerobic class is specifically designed for those individuals who would like to improve their range of motion, muscular strength, and cardiovascular endurance in a low impact environment. No swimming skills are needed to participate.

Triple Fit 50- This 50-minute class is the class that will give you a strength workout, a cardio workout, and a flexibility workout all with the aid of a chair!

Piloxing LO-Tone your muscles and increase your balance! EASY2LEARN Boxing and Pilates in one class! **Please bring a yoga mat.**

Zumba LO- This Latin based cardio class is for all levels of fitness. The instructor will incorporate different movements put together with fun and upbeat Latin music.

You MUST have a water class punch card to participate in these classes