

## CLASS DESCRIPTIONS

**Activator Pole Group Training, \$:** Learn the basics of pole walking, benefits of using poles, exercises and proper pole set up and usage. 4-week class.

**Active Adults:** This class uses a variety of formats to build strength, cardiovascular fitness, balance and flexibility. All fitness levels and abilities are welcome! Class intensity: Low-Moderate.

**Ai Chi:** Slow and broad upper and lower limb movements focusing on breathing, trunk stability, balance, and coordinated total body movements. Ai Chi also includes elements necessary for balance and fall prevention. It is ideal for improving range of motion and mobility. Class intensity: Low

**Aqua Bootcamp:** Intense aqua workout for the whole body. Incorporates intervals with/without resistance weights combining strength training with cardiovascular fitness. Participants will also strengthen their core with standing and floating abdominal exercises. Exercise Intensity: 4-5 Joint Impact: High

**Aqua Combo:** Challenging cardio and resistance training class. Incorporates intervals and equipment to build cardio, strength, flexibility and endurance. Exercise Intensity: 4 Joint Impact: High

**Aqua Fit:** Well rounded, moderate intensity class designed to provide a complete workout including cardio, resistance training, abdominal work and stretching. Exercise Intensity:2-3 Joint Impact: Low-Medium

**Aqua Flow:** Gentle upper and lower body movements in the water to help with relaxation, increased mobility, better posture, and body awareness. Class intensity: Low

**Aqua Volleyball, \$:** Played between two teams, no set teams, participants may join either side. Friendly competition. Beach ball is used. Game rules are on the back of the program flyer. All abilities are welcome.

**Aroma Yoga:** A combination of vinyasa and hatha yoga, this class incorporates aromatherapy to enhance mind-body awareness. All levels are welcome.

**Barre:** An invigorating complete body workout fusing yoga, ballet and Pilates to create a strong core and sculpted lean muscles. All levels are welcome.

**Barbell Strength:** Strength training class using barbells and/or dumbbells working all the major muscle groups. Class intensity: Moderate-High.

**Cardio Strength:** Cardiovascular exercises are mixed with strength and resistance work. A variety of equipment or just body weight may be used. Class intensity: Moderate-High.

**Chair Fitness:** Strength training, light cardio, flexibility exercises and balance work done while sitting in a chair or using the chair as a prop. Light hand weights, exercise bands, and/or other equipment may be used. All fitness levels and abilities are welcome. Class intensity: Low.

**Chair Yoga:** A yoga practice in which participants are seated or use a chair to help balance and perform poses. This class is appropriate for individuals not wishing to be down on a mat as all poses will be seated or standing.

**Cycle:** Explore the different venues of cycle: endurance, hills and drills, speed work, power, intervals, etc. Each class is a new adventure that will challenge you while having fun at the same time. This class offers a combination of strength and endurance training and is a great cardiovascular workout. All levels are welcome.

**Cycle & Weights:** Working on and off the bike, combine cardio and strength training to give you a complete workout. All levels welcome. Please wear regular sneakers for this class, not cycling shoes.

**Cycle Wellness:** Improve overall wellness by cycling at higher RPMs. A variety of cycling drills include a mix of rolling hills as well as fun and friendly 'team' activities. Recommended for anyone, including people with Parkinson's disease. Assistance is provided setting up bikes.

**Cycle with Dr. Deming:** Enjoy fellowship and a rousing aerobic workout with high energy and great music. The class is taught by Dr. Dick Deming as part of the Above + Beyond Cancer survivorship program but is open to anyone.

**Flexible & Strong:** This class is designed to improve range of motion, strength, stability and balance. A variety of equipment will be used such as dumbbells, stability ball, and exercise bands. Participants must be able to get down to and up from the mat for floor exercises. Class intensity: Low-Moderate.

**Fusion:** A challenging but easy to follow class combining fitness, yoga, pilates and barre moves. Total body workout including balance work. Class intensity: Moderate.

**Gentle Yoga:** A slower, gentler yoga class combining breath with movement using poses designed to improve strength, flexibility and balance in body, mind and spirit. Props make this practice accessible to all levels.

**Ignite - Small Group Training, \$:** This program is designed for anyone looking to take their fitness to the next level. Total body weight training that will improve strength, build lean muscle and decrease body fat. Led by a Fitness Specialist, class meets twice per week. Class Intensity: Moderate-High

**Line Dancing:** Move to the beat with choreographed steps while lined up in rows. Dancing will lift your mood, reduce stress, and improve your balance and flexibility. Class ends with balance work and stretching. Class intensity: Low-Moderate.

**Mat Pilates:** Low impact, full body workout with emphasis on alignment, breath, and core work. Pilates helps improve flexibility and builds functional strength and endurance in the entire body. Class Intensity: Low-Moderate

**Neuro Cycle:** Led by neurologist Dr. Steve Adelman, this class is designed for individuals with neurological disorders such as Parkinson's, stroke, Alzheimer's, etc. to participate in a cycling activity to improve overall wellness. This evidence-based class format focuses on cycling at higher RPMs and can reduce the symptoms of Parkinson's disease and improve brain/cognitive health. Assistance is provided setting up bikes. Class is open to everyone, not just those with neurological disorders.

**Pole Walking:** This class uses Activator or Urban Poles for upper and lower body exercises. To attend, participants are asked to complete the 4-week Activator Pole Group Training class to learn the basics of pole walking.

**Pop-up Class:** Join us on Tuesdays at 5:30pm for a total body workout. Formats and instructors vary each week. All levels are welcome. Class line up is added to the schedule and available online.

**Rock Steady Boxing, RSB, \$:** Non-contact boxing workout that addresses and fights against symptoms of Parkinson's disease. Class intensity varies. Medical release required.

**SilverSneakers Classic:** Seated and standing exercises to increase muscular strength, range of motion and activities of daily living.

**SilverSneakers Circuit:** Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

**Slow Flow Yoga:** A combination of vinyasa flow and hatha yoga; moving through asanas at a slower pace while taking time/breath to hold and deepen a pose. Special attention on the core. All levels are welcome.

**Soma Yoga:** A blend of traditional and therapeutic yoga, breath work, and Somatics. Small, gentle movements lead into larger postures with increased awareness of the trunk and core. Class intensity: Low.

**Strength Vinyasa Yoga:** This class incorporates segments of flow and longer holds to boost muscle strength and endurance. Synchronized breathing with each movement helps improve mental clarity and flexibility. All levels are welcome.

**Total Parkinson's:** This class is designed to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. Class intensity: Low.

**Women on Weights, \$:** 4-week class that teaches you proper form and how different equipment can be used for strength training.

**Yoga:** A combination of vinyasa and hatha yoga. Flow plus, standing, seated and reclining poses, focusing on core, breath and alignment of the posture. All levels welcome.

**Zumba and Zumba Gold:** Dance-fitness class with Latin flavor. Zumba Gold is slower pace, and lower intensity, suitable for beginners and active adults. Class intensity: Low-Moderate.