

# Class Descriptions

## **CYCLING HIIT:**

High intensity workout choreographed to motivating music. Structured like an outdoor ride with uphill climbs, sprints, interval training, TABATA. This 45 minute class can help you burn about 400 to 600 calories. All Fitness Levels Encouraged.

## **Fit f-IX**

Transform your body by challenging yourself to a total body workout including intervals of high intensity with periods of rest. This class is the 'fix' to your fitness goal.

## **Silver Sneakers® Classic Stretch:**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance in addition to a chair to be used for seated/standing support. Sign up for you Silver Sneakers® membership today!

## **Stretch for Life:**

A non-impact class designed to help achieve full range of motion in the muscles and joints. This is a wonderful class for those who suffer from arthritis and other movement disabilities. There is a variety of stretching and light strengthening exercises done to promote flexibility, build strength, improve posture, and reduce tendencies toward fatigue.

## **Strong Women:**

A class held over the lunch hour that consists of a 20-minute workout of toning and strengthening activities. Workout clothes are not necessary for this class, comfortable clothing and a pair of tennis shoes is all you need.

## **Tai Chi:**

Tai Chi focuses on fall prevention and through practice the improvement of one's balance to reduce the likelihood of falling. Tai Chi is based off the principal of Chinese Martial Arts and consists of slow rhythmic movements. This class can be performed in a seated or standing position. Qigong is also practiced and is done the last 15 minutes of class.

## **TNT: Tone and Trim**

This class focuses on strength and toning activities intermixed with cardio segments and strength training. This class is great for beginner and advanced participants.

## **Yoga:**

This is a soothing, relaxing approach to exercise that challenges the limits of your mind as it changes the limits of your strength and flexibility. This class is designed to relieve stress as well as build strength and flexibility.

## **Tuesday Yoga:**

This is an hour long, guided yoga evolution. It begins with several minutes of warm-up, followed by a flow of various postures which harmoniously engage the body as well as internal consciousness of self. No previous experience is necessary.

## **Thursday Yoga and Meditation:**

This 45-minute sequence begins with a time of mild "Centering" and "Grounding" Yoga focusing on the present. The yoga portion is followed by 10-12 minutes of silent meditation which can be done in a chair, lotus position or prone position.

*All classes are included in a Wellness membership. Punch cards can be purchased for non-members. Your first time to any class is always free!  
Please arrive 10 minutes prior to your first time class to meet the instructor and fill out any necessary forms prior to class participation.  
Please call the Wellness Center with any questions at (402)-362-0434.*