



Body Fit

Instructor: Cathy

Location: Gymnasium

Total body strength class with high-energy so you can condition, strengthen and tone some of the biggest muscle groups.



Strong Circuit

Instructor: Mollie

Location: Gymnasium

Dynamic stretching & running, interval training, lifting weights/objects, pulling TRX straps, pushups/sit-ups, plyometrics, and various types of intense explosive routines.



Chair Yoga

Instructor: Beth, Sara

Location: Gymnasium

Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.



16-wk adaptable class with levels challenging for active older adults & safe for the unfit/near frail. Stretching, flexibility, balance, low-impact aerobics, & strength training. pre-registration required.

Instructor: Cathy, Mollie, Liz

Location: Gymnasium



Golden Gang

Instructor: Tina

Location: Gymnasium

Increase your cardiovascular and muscular endurance when fitness and fun come together with low-impact aerobic activity.



Hatha Yoga

Instructor: Beth, Sarah

Location: Upstairs Fitness Room

Designed to enhance vitality and a sense of well-being using gentle movements to improve flexibility, balance, strength and posture.



Silver Sneakers

Instructor: Liz, Cathy, Mollie

Location: Gymnasium

Exercise variety to increase strength, range of movement & activities for daily living. Hand weights, elastic tubing w/ handles & a ball offer resistance. Chairs used for seated or standing support.



Simply Strength

Instructor: Laurie

Location: (Tues.) Side Room/ (Thurs.) Gymnasium

Condition your whole body using a bench and body bars for some major toning you'll get an endurance workout built to last.



Spinning

Instructor: Laurie, DJ

Location: Upstairs Fitness Room

Designed for all levels, this traditional indoor cycling class offers an effective way to build cardiovascular strength and endurance.



Tai Chi

Instructor: Master Lee

Location: Gymnasium

Sessions: Morning Cost: \$80/member \$160/non-member Session: Lunch Cost: \$40/member \$80/non-member
A series of movements performed slowly, each posture flowing into the next without pause and with concentration & deep breathing



Twist & Turn

Instructor: Nancy

Location: Gymnasium

Line dance routines for a mind & body workout. Classes will use music, choreography to enhance, memory, and mobility.



X-Fit

Instructor: Cathy

Location: Gymnasium

Cardiovascular drills, strength training, and more! This class will benefit any committed individual.



Zumba

Instructor: Mollie

Location: Gymnasium

Get ready to dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness-party!



Instructor: Mollie

Location: Gymnasium

This class will push you past your limits to help you reach your fitness goals. Using your own body weight, you will gain muscular endurance, tone, definition, and after-burn.