WELLNESS CLASSES

Arthritis Exercise
Wednesday 10:00 AM
Instructor: Sue

This class focuses on maintaining range of motion and flexibility. Increasing muscle strength and cardiovascular endurance to benefit our heart and lungs. Class is mainly seated with some standing exercises.

Ballroom Swingers
Wednesday 2:00 PM
Instructor: Fran

Have some fun while learning how to dance in a friendly environment! All levels are welcome and no partner is needed. Learn to dance the Cha-Cha, Foxtrot, Swing, Mambo, Salsa and more!

Barre Fitness
Monday 3:00 PM
Instructor: Fran

This innovative exercise program combines slow movements using your own body-weight with the assistance of a ballet bar. We will engage muscles that other exercises don't reach. Barre class will improve balance and posture, increase strength coordination and sculpt a stronger, more defined core.
NON-SLIP SOCKS ARE REQUIRED FOR THIS CLASS.

Bone Builders
Monday 10:00 AM
Instructor: Jeanne

Thursday 11:00 AM
Instructor: Michele

A mainly seated light aerobic workout using light hand weights, with a focus on building core muscles and preventing osteoporosis.

Cardio Strength Training
Tuesday 10:00 AM
Instructor: Lisa

A class focusing on cardiovascular and strength fitness set to fun music using dance and a few sports moves. Bring your light weights, a 2-3 inch stress ball and be prepared to have a fun workout!

Chair Yin Yoga
Tuesday 10:00 AM & 11:30 AM
Instructor: Mary

Chair Yin Yoga is a meditative form of yoga in a chair. Each movement is done slowly while applying gentle, healthy stress to our joints and connective tissues, like our fascia, ligaments, joints, and bones. Yin Yoga is known to help relieve stiffness and enhance our body's flexibility. Excellent for those of us with arthritis.

Forever Fit
Tuesday 11:30 AM & Wednesday 9:00 AM
Instructor: Sue

This beginner/intermediate class combines seated stretching, flexibility and range of motion exercises, strength training, standing dance fitness and balance exercises.

Line Dancing
Monday 2:00 PM
Beginners: Thursday 12:30 PM
Instructor: Fran

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great!

Mat Yoga
Monday & Friday 10:00 AM
Instructor: Amy

The benefits of yoga are greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with an easy flow of moving with awareness and breath to quiet the mind and then ending with a guided meditation. Modifications are demonstrated. A yoga mat is required for this class.

Meditation
Wednesday 11:00 AM
Instructor: Mary

Learn techniques intended to encourage a heightened state of awareness and focused attention. The benefits of meditation include improved memory, lowered blood pressure, a calmer attitude, stress relief and improved coordination.

Now & Zen Chair Yoga
Friday 11:30 AM
Instructor: Amy

A gentle yoga class designed to cultivate awareness and strength through movement, breath work and guided meditation. Everyone will benefit from this class especially older adults with balance deficits or those who have limited mobility.

ROC Steady (Chair)
Friday 12:30 PM
Instructor: Lisa

ROC Steady is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. Senior members with balance deficits, injuries and disabilities will benefit from this class. Instructor Lisa Cruz will accommodate various fitness levels and adjust exercises based on abilities.

Sit Fit & Strong (Chair)
Wednesday 1:00 PM
Instructor: Fran

A seated, whole body workout. We stretch, tone and work on upper body strength using optional hand weights. Dance movements are also incorporated.

Strength Matters
Monday & Thursday 9:00 AM
Instructor: Sue

Learn a series of stretches and strengthening exercises performed seated and lying on a mat as well as the proper way to get up from the floor. These exercises are designed to help strengthen upper and lower body and core muscles.
A thick yoga mat is required for this class.

Tai Chi
Tuesday 9:00 AM
Instructor: Bob

Wednesday 11:00 AM
Instructor: Karl

This class has been described as "moving meditation". It is a gentle, easy form of exercise. The benefits of Tai Chi include improved cardiovascular fitness, posture, muscular strength, balance, flexibility. It also boosts cognitive function and reduces stress.

Zumba
Monday 1:00 PM
Instructor: Fran

Thursday 10:00 AM
Instructor: Sue

Zumba is a Latin-inspired dance fitness class that is low-impact and easy to learn. Using lightweight maraca-like toning sticks, we increase our cardio-respiratory. A total workout combining cardio, muscle conditioning, balance and flexibility.