Group Exercise Class Descriptions

Silver Sneakers
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is offered for seated and/or standing support.

Senior Fitness Program
HK 31500 students (group exercise instruction) will be leading older adult fitness classes at the Ismail Center to increase their exposure to more diverse populations. The students will be leading classes related to multiple components of fitness: muscular endurance, muscular strength, cardiorespiratory health, balance, and flexibility. Class themes could include: muscular conditioning, functional training, circuit training, chair aerobics, stretching and dynamic movement. Exercises will be performed using dumbbells, resistance tubes, and body weight. This class is appropriate for those at a beginner to intermediate fitness level where 2 students will demonstrate the different intensity level options throughout each class.

Yoga
This class combines the fundamental principle sequence of postures that are synchronized with the breath, aiding in the relaxation and purification of the body leading to improved flexibility, joint mobility, and balance (All levels are welcome).

Cancer Wellness Program
This program is in partnership with the Lafayette YWCA and is offered to cancer survivors. This class emphasizes top of the line instruction of cardiorespiratory fitness, strength, and flexibility training (begins in the fall).

Our instructors are excited to see new faces, so hurry in to join a Group X class today!