SilverSneakers

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 SilverSneakers ball are offered for resistance. A chair is offered for seated and/or standing support. On Fridays during the spring and fall semesters, supervised students in HK 31800 (Strength and Conditioning and Exercise Instruction Across the Lifespan) will be leading classes. This class is appropriate for those at a beginner to intermediate fitness level.

SilverSneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

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).

Cardio Pump

This 40 minute fun, energetic class promises to get your body moving to upbeat music. A combination of cardiovascular, muscular strength & endurance training will be performed at moderate to high intensity (all levels are welcome).

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