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| <p>Ballet -- Beginning & Intermediate \$10/month -Intermediate 4:00 pm – 4:55 pm; Monday, Wednesday, Friday -Beginning 4:00 pm – 4:55 pm; Tuesday & 3:00 pm – 3:55 pm; Friday A basic ballet class can give you a challenging and rewarding opportunity to strengthen, stretch and tone your body. Learn body placement, line and musicality using original French terms for movements and steps.</p> | <p>Jazzercise \$30/month 8:00 am – 8:55 am; Monday, Wednesday, Friday Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. Torch fat, sculpt lean muscle and crush calories with this workout that mixes dance-based cardio with strength training. Optional use of free weights. Standing class, no floor work!</p> |
| <p>Body 360 \$30/month 10:00 am – 10:55 am; Monday, Wednesday, Friday Get a total body workout in this hard working class that utilizes many types of equipment such as free weights and resistance bands to strengthen every muscle group. It also includes cardio work, interval and circuit training, and mat/floor exercises! This vigorous class will get your heart rate up and your blood flowing!</p> | <p>Parkinson's Exercise Class FREE 11:00 am – 11:45 am; Tuesday and Thursday This class is designed for individuals with movement disorders such as Parkinson's Disease. It consists of stretching, strengthening, balance, breathing, and vocalization. Caregivers are encouraged to participate and assist. This class is not intended to replace therapy and is not medically supervised.</p> |
| <p>Body Fit \$35/month 5:30 pm – 6:25 pm; Tuesday and Thursday This high intensity classes combine cardiovascular, resistance and sports conditioning training. They are physically challenging but worth it! No special skills are required, only a good work ethic and the will to better yourself! Bring a water bottle, you'll need it! Very popular!</p> | <p>PEPPI (Peer Exercise Program Promotes Independence) FREE 8:00 am – 8:55 am; Tuesday and Thursday or 10:00 am – 10:55 am; Tuesday and Thursday or 12:00 noon – 12:55 pm; Tuesday and Thursday A very popular class that introduces you to exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start.</p> |
| <p>Core Intensive \$15/month New Class! 2:30 pm – 2:55 pm; Monday and Wednesday Primarily abdominal strengthening and toning with some back strengthening. This class will be done on a Yoga/Pilates mat. There will be no Pilates ball or hoops. Since there will be no stretching you are encouraged to stretch on your own afterwards so you don't tighten up. Class is appropriate for beginners. Not appropriate if you cannot get up/down on the floor or are recovering from surgery or illness.</p> | <p>Pilates \$20/month 2:00 pm – 2:55 pm; Tuesday and Thursday (\$20 per month) Pilates uses slow focused movements to improve abdominal and back strength and tone all the major muscle groups. This class will strengthen "core" muscles which support the back and improve balance. Previous exercise experience recommended</p> |
| <p>Fitness Fusion \$25/month This class has a waiting list! 9:00 am – 9:55 am; Monday, Wednesday, Friday This class contains all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and stretching for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body. This class has a waiting list.</p> | <p>Slow and Easy Yoga \$20/month 3:00 pm – 3:55 pm; Monday and Wednesday This class is great for beginners. No experience necessary. It's a slower, gentler mix of yoga and pilates where you will practice details of poses and learn safe practice techniques. Get that toned, flexible body while improving your health.</p> |
| <p>Full Body Boot Camp \$35/month 5:30 pm – 6:25 pm; Monday and Wednesday Instructor Stephna Masters will use an Indoor/outdoor work out format that will challenge your body, while increasing balance, strength and endurance. Get ready to work hard and reach your health/fitness goals! "I will help motivate and keep you focused!"</p> | <p>Tai Chi \$25/month 12:00 pm – 12:55 pm; Monday, Wednesday, Friday An excellent class that emphasizes slow and relaxed movements, coupled with free breathing, mental focus and correct body use to make it an excellent tool for self-healing and development. Tai Chi can increase bone mass density, lower blood pressure, increase stability and increase range of motion in joints.</p> |
| <p>Hatha Yoga \$20/month 1:00 pm – 1:55 pm; Tuesday and Thursday Hatha Yoga is appropriate for experienced students. We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses. Not suitable for beginners.</p> | <p>Yoga-Core \$25/month (Meets in Game Room B) 5:30 pm – 6:25 pm; Tuesday and Thursday A more challenging mix of yoga exercises and pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.</p> |