



Fitness & Exercise Classes

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

SilverSneaker Yoga Stretch: 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 levels.

SilverSneaker Stability: Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

SilverSneaker BOOM Muscle: The focus of this class is for toning muscles and building overall strength by taking you through exercises that incorporate different muscle groups.

Tai Chi for Fitness: Tia Chi is a gentle exercise that works the entire body. It has been proven via scientific study to increase flexibility, mobility, balance, strength, for fitness and in promoting correct body posture.

Chair Volleyball: Enjoy some friendly competition and improve your eye/hand coordination with a rousing game of chair volleyball.

Line Dancing: This is a beginner class! Learn the steps, dance, socialize and have fun!

Beginner Pickleball: Pickleball is played using wooden paddles and a whiffle-like ball. The court is similar to a tennis court but 1/3 the area. It can be compared to a miniature tennis game. We will be playing doubles. Sneakers required and equipment provided.