

## ***Strong Life Program Classes***

**Strong Balance & Agility:** Increasing balance and flexibility aids in fall prevention.

This class consists of a variety of specific exercises designed to improve balance, agility, flexibility and strength.

**Strong Muscle & Bone:** This class focuses on weight bearing exercises to improve muscle and bone strength. A variety of resistance equipment is used.

## ***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.

**Arthritis Foundation 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.

**Pilates / Yoga Mix:** A blend of Pilates' exercises and Yoga poses to strengthen the core muscles for improving flexibility/mobility, balance and muscular strength for fitness. This class requires participants to lie down on the floor to perform some of the exercises.

## ***Outdoor Fitness***

**Campus Walk:** A guided walking class around the campus.....If you want, you may join the instructor with some "added exercises" during the walk!

**Disc Golf:** Join us on the Disc Golf course for a fun game! Never played before? No worries! We will teach you the art of the game!