

# Fitness Classes & Activities

---

*All classes are included with the Basic Membership, except for Robust Membership classes marked with an \*.*

**Balance Matters (Intensity Level 1)** - This class is designed to reduce the fear of falling and improve activity levels among older adults.

**Chair Volleyball (Intensity Level 1)** - Chair volleyball is very different than a traditional game of volleyball or beach volleyball. During chair volleyball, players sit on chairs and the ball is a beach ball. Players can hit the ball as often as needed to get it over the net.

**Old Fashioned Gym Class (Intensity Level 1)** - Live out your glory days of grade school physical education class with this fun afternoon gym-style class. There will be a different activity each week, so make sure you don't miss any classes. Activities include dodgeball, badminton, volleyball, disc golf, and so much more!

**SilverSneakers® Chair Yoga (Intensity Level 1)** - Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and increased mental clarity.

**SilverSneakers® Classic (Intensity Level 1)** - Increase muscle strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can also modify the exercises for your fitness level.

**SilverSneakers® EnerChi (Intensity Level 1)** - This class incorporates Tai Chi and Qigong principles to improve physical and mental wellbeing with modified Tai Chi forms. You will practice the foundations of weight transfer and rhythmic movements along with awareness and focused breathing.

**Golden Stix (Intensity Level 2)** - Golden Stix is similar to our Drum Beats class, but is slower paced and the participant is seated in a chair. This class combines movements of the upper and lower body through music, motion, and memory. Designed for older adults, this unique program focuses on movement and also drumming on a large exercise ball, a combination that will benefit both the mind and body. It's EASY and FUN to learn—no drumming experience needed!

**Golden Barre (Intensity Level 2)** - This 30-minute class will lengthen and stretch the body, while also helping to tone muscle. Focusing on posture, balance, and alignment, we will move through exercises using “The Principles of Pilates”: breath, focus, awareness, flow, control, and harmony. This class will use props including weights, balls, and bands to increase the challenge. All movements will either be done standing or seated in a chair. No mat is needed.

**Golden Orbit (Intensity Level 2)** - This class includes a combination of at least six stationed exercises for your cardiovascular endurance and muscular endurance. Between each exercise, there will be a short rest period. This is a modified version of circuit training.

**Off the Hook (Intensity Level 2)** - This introductory kickboxing class is great for anyone, whether you are just getting started, already experienced, or even those with joint or bone issues. By focusing on punching and kicking, we will sharpen your brain, build total-body strength, improve hand-eye coordination, balance, and boost your energy!

**\*Circuit Training Class (Intensity Level 3)** - This strength and conditioning class consists of a combination of resistance and endurance training. We utilize a variety of equipment in a circuit-style setup. Exercises will consist of pushing, pulling, bending and lifting, squatting, and rotational movements that are used in regular activities of daily living. This class is designed to have you moving in all planes of movement, developing upper and lower body strength, improving endurance, and maintaining and improving balance, stability, and flexibility.

We also take into consideration that there are different levels of strength, endurance, and flexibility in a group setting, so many stations have progressive and regressive exercise options. A typical workout will have a dynamic warm up, a 12-station circuit that is completed twice, and a cool down with some light stretching at the end. Total time for the class is usually 30 minutes.

**\*Drum Beats (Intensity Level 3)** - Drum Beats is similar to our Golden Stix class, but is faster-paced and involves standing rather than being seated in a chair. This class combines movements of the upper and lower body through music, motion, and memory. Designed for older adults, this unique program focuses on movement and also drumming on a large exercise ball, a combination that will benefit both the mind and body. It's EASY and FUN to learn—no drumming experience needed!



# Fitness Class Intensity Levels

---

**Intensity Level - 1 (Daily Activity)** - Activities are low-intensity and easy to perform. Some examples are making the bed, gardening, vacuuming or dusting, walking slowly, golfing with a power cart, or doing light stretching. (i.e SilverSneakers Classic, Mindful Stretching, Balance Matters)

**Intensity Level - 2 (Base)** - Activities are moderate, slightly uncomfortable, and cause you to sweat a little. Some examples are biking, walking briskly, golfing while pulling or carrying clubs, recreational swimming, weight lifting, mowing the lawn with a power mower, or scrubbing floors or windows. (i.e Golden Beats, Golden Orbit, Golden Barre)

**Intensity Level - 3 (Heart Health)** - Activities are vigorous. A person can still talk, but it takes quite a bit of effort. Most of the activities at this level are intentionally planned. Some examples are brisk walking, jogging, swimming laps, or circuit training. (i.e Circuit Training, Drum Beats)