

# Fitness Classes & Activities

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

**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.

**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.

**Tai Chi Meditation-in-Motion (Intensity Level 1)** - Experience the benefits of Tai Chi Meditation and Motion. One session focuses on gentle Tai Chi movements for improved strength, balance, and flexibility, while the other emphasizes mindfulness and meditation exercises to reduce stress and enhance mental clarity. Join us for holistic well-being in each session.

**Barre/Pilates Mix (Intensity Level 2)** - Barre and Pilates Fusion is a 45-minute class focusing on posture, balance, and strengthening and lengthening muscles. Barre and Pilates are closely related considering the founder of Pilates, Joseph Pilates developed his program of Contrology through reconditioning injured ballet dancers. In this fusion class, participants will use props such as balls and light hand weights to tone small muscle groups. Moving with purpose and control in this mind body focused class will keep repetitions low in volume. Exercises will be performed seated and standing for the first 30 minutes of class. The last 15 minutes of class will be reserved for participants that would like to roll out the mat and get down on the floor for some traditional Pilates movements focusing on abdominals, glutes, and legs.

**Better Balance and Strength (Intensity Level 2)** - This class is designed to reduce the fear of falling and improve activity levels among older adults.

**Drum Stix (Intensity Level 2)** - Drum Stix is similar to our Drum Beats class, but this 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!

**Line Dancing (Intensity Level 2)** - Messiah Lifeways® Line Dancers come learn beginner level line dances to fun upbeat music! This class is suitable for all fitness levels.

**\*Group Training (Intensity Level 2)** - Join our Small Group Training for comprehensive fitness enhancement. Tailored workouts focus on strength, balance, and flexibility, improving overall fitness levels. Experience personalized sessions crafted to optimize physical well-being and achieve fitness goals effectively.

**Cardio and Kickboxing (Intensity Level 3)** - Elevate your heart rate and energy in our Cardio and Kickboxing classes. Enjoy a dynamic 30-minute fusion of cardio conditioning and kickboxing movements for a revitalizing workout. Don't be turned away by level 3 intensity level, as all movements are safe, scalable, and progressive.

**Mat Yoga (Intensity Level 3)** - Relax, unwind, unplug at a slow pace to release stress and tension from your joints and muscles. This class will focus on improving flexibility and movement. Restorative poses will calm the nervous system and aid in the release of the tensions in the body. Participants may use a chair near them to assist with getting up and down from the floor and through standing yoga poses.



# Fitness Class Intensity Levels

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**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 Balance Matters, Chair Volleyball, SilverSneakers® Classic )

**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 Drum Stix, Line Dancing, Group Training)

**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 Cardio and Kickboxing, Mat Yoga)