Fitness Classes & Activities

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

Chair Volleyball (Intensity Level 1) - Chair volleyball is 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. Then, finish with restorative breathing exercises and final relaxation to promote reduced stress and increased mental clarity.

Walking Club (Intensity Level 1) - Come walk with friends, enjoy the fresh air, and stay healthy! Walking is a simple way to boost your physical health, lift your mood, and enjoy the beauty of nature. Plus, walking with others strengthens social connections and makes wellness more fun.

Tai Chi Meditation-in-Motion (Intensity Level 1) - This class focuses on gentle Tai Chi movements for improved strength, balance, and flexibility while incorporating mindfulness and meditation to reduce stress and enhance mental clarity. Tap into holistic well-being in each session.

Ballroom Dance (Intensity Level 1) - Come join us for a fun way to exercise. No partner is required, and comfortable shoes are highly recommended. We will be learning Rumba, Waltz, Cha Cha, Foxtrot, Swing and 4 ct. Hustle. Even if you don't go out dancing, it's a fun and productive way to keep moving!

Move-A-Way Parkinson's Dance (Intensity Level 1) - A dance and movement program for individuals living with Parkinson's disease that uses music and guided movement to work on balance, coordination, mobility, flexibility, and confidence. No dance experience is needed, and movements will be adapted to individual abilities.

Agile for Life (Intensity Level 2) - Agile for Life is a functional class designed to help improve agility, balance, coordination, reaction time, and overall confidence with movement. This class may have a significant impact on reducing fall risk and injuries relating to falling while also supporting overall quality of life and independence.

Better Balance and Strength (Intensity Level 2) - This class is designed to reduce the fear of falling and improve activity levels. Exercises will focus on total-body strength, balance, and stability.

Drum Stix (Intensity Level 2) - This class combines upper and lower body movements through music, motion, and memory. This unique program focuses on movement and drumming on a large exercise ball, a combination that will benefit both the mind and body.
No experience needed!

Flex n' Flow (Intensity Level 2) - Increase flexibility and range of motion for more independent and healthy living. Whether you're looking to work out the soreness in your muscles or aiming to feel more flexible in your body, Flex n' Flow combines principles from yoga and deep breathing techniques to create space for fun and engaging movement.

Functional Fitness (Intensity Level 2) - Increase muscle strength, range of motion, 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.

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

Dance Class (Intensity Level 2) - Follow along to dance instruction led by a Wellness team member to assist you through the moves and ensure you have a great time. Dance styles may vary to keep things fun and fresh!

Fun & Games (Intensity Level 1) - Take a break from your routine and join us for a fun, social hour filled with games and activities. Whether we're tossing beanbags or solving puzzles, this session is all about movement, connection, and community.

Table Tennis (Intensity Level 2) - Enjoy some friendly competition, stay active, and sharpen your reflexes! Table Tennis is available for everybody whether you're a beginner or an experienced player.

Ready, Set, Go! (Intensity Level 3) - An energizing 30-minute class designed to elevate your heart rate and boost your energy. Enjoy a dynamic blend of movement and coordination in a format that is adaptable to all fitness levels. This class is designed to help you move, feel good, and stay active.

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.

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.

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.

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