















Type	Program	Description	Length	Intensity	Results
	ALIGN & FLOW YOGA	This class is appropriate for everyone. Focuses alignment-based direction, movement (flow) and rest. Greet the sun and start the day nourished, refreshed and ready for the day.	60	Low to Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	BOOMER FITNESS	This class gets your heart rate elevated to improve your cardiorespiratory system, then uses equipment to improve strength, flexibility, range of movement, balance, posture and core condition.	50	Low	<ul style="list-style-type: none"> Increase metabolism Improve heart & lung fitness Tones & shapes Functional strength & balance
	CHISEL	Progressive technique of strength training will continually challenge your muscles; which will change your lean muscle mass, bone density, metabolic rate as well as strength!	60	High	<ul style="list-style-type: none"> Increases strength and endurance Tones & shapes Helps maintain bone health
	ENERCHI	Enerchi is the Silver Sneakers version of Tai Chi. This class provides low-intensity movements that improves balance, reduces stress, improves brain power, helps your heart and improves core strength.	50	Low to Moderate	<ul style="list-style-type: none"> Improves balance Improves core strength Boost brain power Enhances mental wellbeing
	Flow Motion Chair Yoga	This class will tap into more energy, calm and balance for both mind and body. Focus on breathing, poses and balance. Incorporating deep stretching results in renewal. Chairs will be used for sitting and supporting for standing.	45	Low	<ul style="list-style-type: none"> Improves core strength Boost brain power Enhances mental wellbeing
	HATHA YOGA	This class explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week.	75	Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	H.I.I.T. IT HARD	This class uses HITT (High Intensity Interval Training), weights and challenging core work to challenge every muscle in your body! All this work is designed to keep your body burning calories for hours after you are done!	60	Moderate To High	<ul style="list-style-type: none"> Increase metabolism Improves agility, coordination, strength & endurance
	LABLAST	A dance fitness program with no partner needed. This class uses all genres of music, includes weight training and will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz and many more.	50	Moderate	<ul style="list-style-type: none"> Increase metabolism Develops self-expression Improve coordination
	PILATES	This class is designed to develop core strength, mobility and coordination. Using traditional Pilates, yoga poses, stretching, movement patterns and conditioning exercises. Pilates participants will enjoy improvement in posture, flexibility, balance and overall toning.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Core challenges Improves posture & flexibility
	POP PILATES®	POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Core challenges Improves posture & flexibility
	REB3L GROOVE	Reb3l Groove uses hard hitting, easy to follow, bold choreography set to powerful & inspiring music resulting in a HIIT style dance fitness format. A fun workout!	50	Moderate to High	<ul style="list-style-type: none"> Increase metabolism Develops self-expression Improve coordination
	YIN YOGA	This class focuses on slower pace, longer holds of poses. Helps to alleviate pain and tension, relieve stress and anxiety.	75	Moderate	<ul style="list-style-type: none"> Improves core strength Boost brain power Enhances mental wellbeing
	YIN EXPRESS	A condensed version of the restorative yin class with fewer poses held for several minutes. A quick way to relax, improve flexibility, and reduce stress and tension amidst a busy life. Appropriate for all levels.	50	Low to Moderate	<ul style="list-style-type: none"> Improves core strength Boost brain power Enhances mental wellbeing
	ZUMBA	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Loads of fun!!!	50	Moderate	<ul style="list-style-type: none"> Increase metabolism Develops self-expression Improve coordination