

## Class Descriptions:

**AOA (Active Older Adults) Aerobics:** Light aerobics mixed with strength training and stretching. This class is geared for seniors of any ability.

**AOA (Active Older Adults) Chair Yoga:** Gentle yoga stretches are performed in a chair to soothing music. Classes will help reduce stress, increase your range of motion, flexibility and balance.

**AOA Strength Training:** The half hour classes are offered to seniors twice a week on the Nautilus equipment. A weight training schedule is put together for each individual for a safe and effective workout.

**Awesome Abs:** This class offers 15 minutes of compact exercises to strengthen your core muscles.

**Bands, Balls, Butts & Guts:** Mixed with light cardio, the large and small muscle groups in the lower body are heavily targeted using large and small exercise balls, bands, weights & floor exercises. Class will end with a deep stretch.

**Boot Camp:** The interval exercises in this class will help strengthen & tone your muscles while also exercising your heart and lungs. This class is a great workout!

**Cardio Ball Class:** Get the benefits of a cardio workout using the exercise ball for the first half of class and finish with strength, toning and abdominal exercises using the big exercise balls.

**Cardio/Pilates:** This class is great for core strength, flexibility training, improved balance, postural alignment and stress relief. Start with a warm-up, then incorporate strengthening moves. Pilates is used for abdominal and back strength. Cool-dn with yoga stretches. Suitable for all fitness levels.

**Cycle, Early Bird Cycle & Wake Up Cycle Classes:** Get your heart pumping with cycle!! This class is designed for anyone who likes to cycle. The Instructor will take you through different stages of jumps, climbs and endurance to help you understand the benefits of each segment.

**Cycle & Sculpt:** This interval class is 4 minutes of cycle and 4 minutes of upper body sculpting. This is a 45 minute class.

**Combo Class:** (Cardio, Pilates, and Yoga) This class is great for core strength, flexibility training, better balance, postural alignment, and stress relief. Start with a Cardio warm up, and then incorporate strengthening moves. Pilates is used for abdominal and back strength. Cool down with yoga stretches. All levels will enjoy this class.

**Total Body Strengthening:** These classes include a cardio warm-up. Exercises to strengthen large and small muscle groups for the whole body will be performed using weights, bands, balls and floor exercises.

**SilverSneakers<sup>®</sup> 1—Muscular Strength & Range of Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity, and activity of daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and strength exercises. A chair is used for seated and standing exercises.

**Yoga:** A detailed style of yoga that challenges participants to perform postures with great precision. These classes can be structured for any level of ability. This class is held at the BS Museum.

**Zumba:** Dance your way to a fitter you using exciting and unique Latin dance moves and rhythms. Come join the fun. These classes are a great cardio and strengthening workout for all ages!!

