

Classes for Seniors

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Deep Water Workout-Dee	Balance & Mobility-Julianna	Deep Water Workout-Dee	Balance & Mobility-Julianna		
9:30am						Super Saturday-Pat
10:00am	Special Solutions-Dee	Advanced Water Fitness-Julianna	Special Solutions-Dee	Advanced Water Fitness-Julianna	Special Solutions-Laura	
10:30am				*Gentle Yoga-Holley		

Classes with an * are held in Room B. All other classes are held in the pool.

Class Descriptions

Deep Water Workout: This **NO IMPACT** workout focuses on enhancing core strength while improving posture, balance and stability. A special flotation belt will be utilized to allow participants to remain upright in the water without any impact on the musculoskeletal system. (55 minutes)

Gentle Yoga - A yoga class designed for those who want to feel refreshed and rejuvenated, this 45-minute yoga class is for you. This gentler version of traditional yoga uses movements that are modified to give the benefits of yoga – relaxation, improved range of motion, and decreased joint and back pain, without stress on those joints. (45 minutes)

Gentle Boot Camp - A challenging cardio workout that will enhance strength and flexibility without impact on your joints. Class is designed for those who want to exercise at high intensity. (45 minutes)

Advanced Water Fitness - An efficient core-training workout that enhances muscular strength and toning by applying the resistant forces of water. Exercises are done while maintaining a vertical posture; if unequal forces are applied, the body will tilt toward the weakness, thus giving instant feedback which encourages self-correction and equal use of the body's four quadrants. (55 minutes)

Special Solutions - This class focuses on movements and exercises appropriate for participants with special needs such as arthritis, Multiple Sclerosis, fibromyalgia and recovering from a medical condition. (45-55 minutes)

Super Saturday - An exhilarating way to “warm-up” for all your weekend activities. Get a total body workout that will leave you feeling energized and ready to conquer your weekend! (55 minutes)

Balance and Mobility - A progressive training program geared for Baby Boomers and above. Consistent attendance will make a significant difference in the training effect on your body. Improving core strength and coping skills for balance and mobility are the primary goals of this class. (55 minutes)