

WELLNESS CENTER

CLASS DESCRIPTIONS

FlexFit - A balanced blend of gentle dynamic stretching and light resistance training designed to improve flexibility, mobility, and strength.

ChairFit - A seated workout combining resistance training, stretching, and balance exercises for a safe and effective full-body session.

SureFit - Similar to ChairFit, but primarily standing, with an added emphasis on balance, strength, and stability.

DanceFit - A high-energy class similar to Zumba featuring repetitive, easy-to-follow dance movements for a great cardio workout.

Standing Aerobics - An energizing cardio class that also incorporates balance, stretching, and light strength training using small yoga balls, hand weights, and resistance bands.

Line Dancing - Choreographed dance patterns set to music that provide an excellent cardiovascular workout while stimulating memory and coordination.

Yoga - A chair- or mat-based class incorporating stretching, strength-building, and balance using yoga blocks and supportive equipment. Yoga I is designed for beginners and those seeking a more adaptable pace seated in a chair or on a mat. Yoga 2 is an intermediate-level class conducted entirely on the mat.

Qi Gong Tai Chi - Slow, controlled standing movements that enhance balance, posture, coordination, and overall body awareness.

Chair Volleyball - A seated version of volleyball where remaining seated is required, providing an engaging upper-body workout and team fun.

Pickleball - A fun and social sport offering an excellent cardiovascular workout, played on a court smaller than tennis using lightweight paddles and perforated plastic balls.

Stick to the Beat - A rhythmic drumming workout using large stability balls, baskets, and drumsticks to improve coordination, brain engagement, and cardiovascular endurance.

BINGOcise - A fun and interactive evidence-based class that combines the game of Bingo with light exercise movements to keep both body and mind active.