

SENIOR PROGRAMS



- **SIT 'N BE FIT:** A beginner class for a senior that will work on flexibility, balance, and strength training using rubber tubing (Room #1)
- **BACK CARE:** A class designed for anyone experiencing back pain or in need of core strengthening, stabilization and/or flexibility (Room #2)
- **AQUA CLASSES:** Water aerobics is arguably one of the best forms of exercise. It is great for muscle toning, flexibility, cardiovascular conditioning, and is low impact (easy on the body's joints). We offer a wide variety of classes from beginner to advanced.
- **YOGA:** Breathing techniques and body positions to improve physical health, release stress, calm the mind and emotions, and enhance overall well-being.
- **For more information , contact the fitness office or call 538-0123**
- **Pick up a schedule at the front desk**