

AQUA CLASSES AND GROUPS

Each aqua fitness class includes: warm-up, cardio workout, strength training, cool-down and stretching. No swimming skills required.

Sunrisers: Mondays, Wednesday, Fridays, 7:00-7:45 am. Designed to maintain cardio health as well as flexibility and balance.

Ageless: Mondays, Wednesdays, Fridays, 8:15-9:00 am. . For those who like a bit faster pace.

Senior Swim: Mondays, Wednesdays, Fridays, 9:15-10:00 am. Provides time for your choice of lap swim, water walking, etc.

Early Birds: Tuesdays & Thursdays, 7:15-8:15 am. Bring ankle or arm weights and water gloves to enhance your workout.

Evening Aqua: Tuesdays & Thursdays, 5:30-6:30 pm. You must be comfortable in water that is waist to chest deep. No swimming skills required.

Water Volleyball -- Enjoy water volleyball with our fun groups. Non-competitive and fun for all.

Grandparent/Grandchild Swim -- Spend time Friday afternoons with your grandchildren in our warm water pool. Ages 3+ and out of diapers

Pool Rentals -- The pool is available for our Senior Members to rent for parties and family gatherings.

FITNESS CLASSES AND GROUPS

Call the Senior Center for class days and time. Most classes require an exercise mat.

Body Wake-Up -- A variety of yoga postures & traditional stretches with music.

Cardio Boogie -- Easy to follow steps, low impact movements, followed by some strength training using small hand weights (always optional).

Cardio Kickboxing -- Punch kick and elbow your way to fun and fitness in this no-contact, low impact class.

Cardio Sculpt -- A variety class: some athletic moves, some cardio dance or salsa style! Designed for beginners, but all fitness levels welcome.

Circuit Training -- A timed series of exercises in a group setting, using fitness room machines and equipment. Fitness machine orientation required for new class members.

Core Conditioning -- Specialty class with a focus on training the abdominal and back muscles.

Country Line Dance Aerobics -- Move, have fun, learn something new. Easy to follow moves, low impact.

Fall Prevention Workshops -- Unsteady? At risk of Falling? These six-session classes are for your strength, stability, range of motion, and balance.

Flexibility Plus -- Stretch with Yoga-like moves and postures. Both seated and standing positions.

Pilates -- A total mind/body conditioning method that simultaneously strengthens and stretches your body from front to back and left to right.

Simple !Salsa! Moves -- Salsa aerobics. :Low impact, easy to follow moves with spicy Latin tunes.

Tai Chi -- For the mind as well as the body. A simple and safe program, especially for people with arthritis.

YOGA CLASSES

Learn asanas, or postures, as well as centering, breath work, warm-ups, relaxation, and meditation.

Gentle Yoga AM -- A beginner's class conducted with or without assistance of a chair.

Restorative Yoga -- Restorative poses benefit you when you feel weak, fatigued, or stressed from your daily activities.

Yoga PM -- Learn several asanas, or postures, in this variety Yoga class Intended for beginners, although everyone welcome.

OTHER WELLNESS ACTIVITIES

Call the Senior Center for class days and time.

Bike Club -- bike rides 6-10 miles. Some from the Senior Center -- some planned traveling to local bike trails

Walking Club -- Meet and walk from the Senior Center.

Pickle Ball – A new craze that is popular with the senior community. A transition between tennis and ping pong but unique to itself. Come and try it!

Ping Pong -- Table tennis at it's best. Join our fun group weekly

Orientations on Fitness Equipment -- learn how to safely use the fitness equipment at our facility.

Personal Fitness Trainer Consultations -- Certified and experienced Personal Fitness Trainers available to meet your fitness program needs.

"Fitness Is Ageless" T-SHIRTS - logo by local artist Chris Holmquist.

Wellness Center Volunteers Needed:

- × Aqua & Fitness Instructors
- × Fitness Center Orientations
- × Wellness, Health, Fitness and Nutritional Talks & Demonstrations
- × Fitness Center Cleaning

Accepting Applications For Instructors & Personal Trainers

Contact Gale Marchand: 664-3702

- × Fitness & Aquatic Instructors
- × Aqua Fitness Instructors
- × Yoga Instructors & Tai Chi Instructors
- × Personal Trainers