Fitness Classes at the Old Firehouse

Most fitness classes are Renew Active® & SilverSneakers™ compliant.

No charge for Renew Active or SilverSneakers members. Otherwise, there is an $8.00 drop-in fee per class.
12 visit punch pass membership is available for $60.00 which may be used for any of our regular group fitness classes.

Fitness Levels

1 For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).
2 For mobile people that may require a chair for some additional support.
3 For people with no mobility issues.

3 **ADVANCED TRX** Class uses the TRX suspension trainer that leverages gravity and the user's body weight to complete the exercises. This highly intensive conditioning class requires proficiency in the use of the TRX Suspension Trainer. THE CLASS WILL BE LIMITED TO 10 PARTICIPANTS.
SilverSneakers/Renew Active DOES NOT APPLY to this class.

3 **BOOM MUSCLE** Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises.

2 **BOOM MOVE** Dance-inspired workout to challenge cardio finess with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate-to-vigorous-intensity workout, exercising from a standing position.

2 **CIRCUIT** Standing upper-body strength work alternated with low impact cardio using a chair for standing support. A perfect 50+ class that incorporates stretching, balance, agility and strength, along with fun music. This class utilizes various equipment, such as weights, exercise balls, drumming sticks, and much more. A portion of the class is seated in chairs, no floor work.

2 **CLASSIC** Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

1 **STABILITY** This class is designed to increase mobility and flexibility for all with limited range of motion. The program is especially helpful to those suffering the effects of Parkinson's Disease and Multiple Sclerosis. Exercises will focus on the four components of fitness: cardio, strength, flexibility and balance and are specifically designed to gradually improve overall fitness and to combat symptoms of disease.

2 **STABILITY+** Similar to our Stability Class, but more intense. This class has been set up for those with lesser mobility issues, but wish to improve their motion and flexibility.

1 **CHAIR YOGA** The chair serves as a stable foundation, allowing you to deepen your stretches, engage your muscles, and experience the benefits of yoga in a safe and comfortable manner.

1 2 **GENTLE & MEDITATION YOGA** A slower-paced class that pairs traditional Hatha postures with guided meditation, offering time to move mindfully and time to simply be still.
Poses are held longer to focus on Breath Awareness, Alignment, Body Awareness, Improved flexibility, Relaxation & Balance, and Mind-Body Connection.
Class finishes with a meditation practice to calm the nervous system and center the mind.

2 3 **GENTLE YOGA** Standing & seated yoga poses to increase flexibility, balance and range of motion. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

2 3 **YIN YOGA** is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

3 **YOGA FLOW** Flow-based (continual movement between posses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

2 3 **YOGA PLUS** Pilates, Weights, Core & more. Yoga Plus intertwines components of your favorite yoga class with common weight training exercises, Pilates movements and more. In this class you will get all the benefits that yoga has to offer plus some cardio, strength training and toning as well. Each class will be different and will allow you to work at your own pace as you continue on your journey to build strength.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Advanced TRX* *8:15am-9:15am* *Carrie* 3				
Stability 9:30am-10:15am Beth 1	**Boom Muscle** 9:00am-10:00am Carrie 3	**Stability** 9:30am-10:15am Beth 1	**Boom Muscle** 9:00am-10:00am Carrie 3	**Chair Yoga** 9:15am-10:00am Crissy 1
Circuit 10:30am-11:15am Martine 2	**Stability PLUS** 10:30am-11:15am Beth 2	**Classic** 10:30am-11:15am Kelly 2	**Boom Move** 10:15am-11:00am Carrie 2	**Stability PLUS** 10:15am-11:00am Heather 2
Gentle Yoga 11:30am-12:15pm 2 3	**Gentle Yoga** 11:35am-12:20pm Sherri 2 3	**Gentle & Meditation Yoga** 11:30am-12:15pm 1 2	**Yin Yoga** 11:15am-12:00pm Crissy 2 3	**Yoga Plus** 11:15am-12:00pm Heather 2 3
	Slow Flow Yoga* *5:00pm-5:45pm* *Sherri* 2 3		**Yoga Flow** 4:00pm-4:45pm Sherri 3	

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