

Fitness Classes at the Old Firehouse

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.

LEVELS OF FITNESS

LEVEL 1: For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).

LEVEL 2: For mobile people that may require a chair for some additional support.

LEVEL 3: For people with no mobility issues.

3 BOOM MUSCLE Mon. 8a & 4p | Tues. 9a & 4p | Thur. 9a
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. This sculpting class will tone upper and lower body using various equipment like hand weights, body bars, TRX, and your own body weight.

2 CIRCUIT Mondays and Thursdays 10:30a-11:15a
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 Wednesdays 10:30a-11:15a
Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

1 STABILITY Mondays & Wednesdays 9:30a-10:15a
Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. 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+ Tuesdays & Fridays 11:30a-12:15p
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 2 Chair Yoga Mondays 11:30a-12:15p
In this class you will move through traditional yoga postures with the addition of a chair as a prop. Poses will only be done standing and/or seated in a chair. Students will never need to get down on the floor, making this class suitable for all experience levels and ages; for those who may be experiencing physical complaints or for anyone looking for an extremely gentle movement and breathing practice.

Gentle Yoga
2 Tuesdays 10:30a-11:15a | 2 Wednesdays 11:30a-12:15a
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.

3 Yoga Flow Thursdays 4:00p-5:00p
Flow-based (continual movement between poses) 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 Gentle Flow Yoga Fridays 10:00a-10:45a
This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boom Muscle 8:00am-9:00am 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	
Circuit 10:30am-11:15am Maria 2	Gentle Yoga 10:30am-11:15am Sherri 2	Classic 10:30am-11:15am Kelly 2	Circuit 10:30am-11:15am Carrie 2	Gentle Flow Yoga 10:00am-10:45am Sherri 2-3
Chair Yoga 11:30am-12:15pm Maria 1-2	Stability PLUS 11:30am-12:15pm Beth 2	Gentle Yoga 11:30am-12:15pm Sherri 2		Stability PLUS 11:30am-12:15pm Lana 2
	Boom Muscle 4:00pm-5:00pm Carrie 3		Yoga Flow 4:00pm-5:00pm Sherri 3	