

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.

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 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. 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 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 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+ 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.

2 3 FOCUSED GENTLE YOGA In this class you will move through traditional yoga postures focused on specific areas of the body. Each week will be a different area. Students may need to get on the floor, however, the use of a chair may be helpful for some. This is a great class for those who may be experiencing physical complaints or for anyone looking for a gentle movement and breathing practice.

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.

1 YIN YOGA is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable for beginners or advance students looking for a restful class that focuses on restoring flexibility and/or working deeply into joints and tissues. Students must be able to get on and off the floor unassisted. *Suggestion to bring a blanket

3 YOGA FLOW 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.

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