

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 is 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 is 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 features 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 PLUS is 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 will move you 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 features 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 is a 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 |
|--|--|---|--|--|
| 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 | Yin Yoga 10:15am-11:15am Sherri 2 3 |
| Circuit 10:30am-11:15am Maria 2 | Stability PLUS 10:30am-11:15am Beth 2 | Classic 10:30am-11:15am Kelly 2 | Circuit 10:30am-11:15am Carrie 2 | |
| Focused Gentle Yoga 11:30am-12:15pm Maria 2 3 | Gentle Yoga Flow 11:30am-12:15pm Sherri 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 | |