

# Fitness Classes & Activities

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*All classes are included with the Basic Membership, except for Robust Membership classes marked with an \*.*

**Chair Volleyball (Intensity Level 1)** - Chair volleyball is very different than a traditional game of volleyball or beach volleyball. During chair volleyball, players sit on chairs and the ball is a beach ball. Players can hit the ball as often as needed to get it over the net.

**Chair Yoga (Intensity Level 1)** - Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and increased mental clarity.

**Tai Chi Meditation-in-Motion (Intensity Level 1)** - This class focuses on gentle Tai Chi movements for improved strength, balance, and flexibility while incorporating mindfulness and meditation to reduce stress and enhance mental clarity. Join us for holistic well-being in each session.

**Barre/Pilates Mix (Intensity Level 2)** - This 45-minute class focuses on posture, balance, and strengthening and lengthening muscles. In this fusion class, participants will use props such as balls and light hand weights to tone small muscle groups. Exercises will be performed seated and standing for the first 30 minutes of class. The last 15 minutes of class will be reserved for members who would like to roll out the mat for some traditional Pilates movements focusing on abdominals, glutes, and legs.

**Better Balance and Strength (Intensity Level 2)** - This class is designed to reduce the fear of falling and improve activity levels among older adults.

**Drum Stix (Intensity Level 2)** - Drum Stix is similar to our Drum Beats class, but is slower paced and in a seated position. This class combines movements of the upper and lower body through music, motion, and memory. This unique program focuses on movement and also drumming on a large exercise ball, a combination that will benefit both the mind and body. No experience needed!

**Flex n' Flow (Intensity Level 2)** - This medium-intensity class focuses on increasing flexibility and range of motion for more independent and healthy living. Whether you're looking to work out the soreness in your muscles or aiming to feel more flexible in your body, Flex n' Flow combines principles from yoga and deep breathing techniques to create space for fun and engaging movement.

**Functional Fitness (Intensity Level 2)** - Increase muscle strength, range of motion, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can also modify the exercises for your fitness level.

**\*Group Training (Intensity Level 2)** - Join our Small Group Training for comprehensive fitness enhancement. Tailored workouts focus on strength, balance, and flexibility, improving overall fitness levels. Experience personalized sessions crafted to optimize physical well-being and achieve fitness goals effectively.

**Karate for Wellness (Intensity Level 2)** - Karate is well known for enhancing balance, strength, coordination, and mental focus. This class will focus on basic techniques, forms, and partner or solo drills, making it a great option for those looking to stay fit and learn the basics of karate.

**Cardio Kickboxing (Intensity Level 3)** - Elevate your heart rate and energy in our Cardio Kickboxing class. Enjoy a dynamic 30-minute fusion of cardio conditioning and kickboxing movements for a revitalizing workout. Don't be turned away by level 3 intensity level, as all movements are safe, scalable, and progressive.

## Fitness Class Intensity Levels

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**Intensity Level - 1 (Daily Activity)** - Activities are low-intensity and easy to perform. Some examples are making the bed, gardening, vacuuming or dusting, walking slowly, golfing with a power cart, or doing light stretching.

**Intensity Level - 2 (Base)** - Activities are moderate, slightly uncomfortable, and cause you to sweat a little. Some examples are biking, walking briskly, golfing while pulling or carrying clubs, recreational swimming, weight lifting, mowing the lawn with a power mower, or scrubbing floors or windows.

**Intensity Level - 3 (Heart Health)** - Activities are vigorous. A person can still talk, but it takes quite a bit of effort. Most of the activities at this level are intentionally planned. Some examples are brisk walking, jogging, swimming laps, or circuit training.