



# Group Exercise Classes

(January-April)



**FREE for all members!**

## TEAM TRAINING

Together Everyone Achieves More is a boot camp style class for intermediate to advanced exercisers who are looking to encourage and challenge each other in a group setting. The class format includes group training work designed to meet each person's specific goals and needs.

**Tuesday and Thursday: 5:30-6:15 p.m.**  
**Wednesday, Friday and Saturday: 9:15-10 a.m.**

**Monday and Wednesday: 5:15-6 p.m.**

## Align & Define

This strength class will focus on supporting joint health and enhanced muscle strength/definition. A variety of circuits and complexes using various exercise tools will be utilized. The class format will include group and small group circuits while instructor support is provided to promote joint health and maximal gains.

## Senior Strength & Function

**Tues. and Thurs.: 9-9:45 a.m.**

For individuals 60 and over, this class is focused on exercising in a group setting to improve strength, flexibility/mobility, function and balance. This class uses obstacle courses, circuit work and a variety of functional activities/games along with strength and range of motion exercises. The goal is to be functionally fit for activities of daily living and/or recreational activities. Using a group setting, participants will be able to encourage one another and challenge themselves based on their ability.

**Monday and Friday: 11-11:45 a.m.**

## Minds, Muscles, & Mobility

For individuals 60 and over this class is focused on exercising the mind, strengthening the muscles, and promoting healthy joint mobility. A variety of interactive brain games will be included in each class to support brain and balance health. This chair-based class (seated or standing with support) will include group or small group exercise circuits to help improve strength and mobility for daily function and recreation.

## Brains & Games

**2<sup>nd</sup> Tuesday of every month, 11-11:45 a.m.**

This monthly program will include health and wellness education and exercises for the mind, muscles and joint health. Monthly education topics will vary, but the exercises will have an age-appropriate focus to promote optimal wellness as we age.

**March 13: "Healthy Nutrition Tips"**

**April 1: "Managing Arthritis"**