

## HEALTH & FITNESS CLASSES

### Yoga

This course, which meets once a week from 7:45-9 p.m. for four weeks, focuses on breathing, stretching and developing limberness and balance.

Monday classes begin March 29 (no class April 5). Additional Monday sessions extend from May 3-24 and June 7-28.

**Cost: \$35 for Passholder A, \$44 for Passholder B**

### Zumba!

Don't miss this musically-driven, Latin-inspired, easy-to-follow, calorie-burning, feel-it-to-the-core fitness party every Thursday from 6:30-7:30 p.m. from April 8-May 13.

An additional six-week session will run from May 20-June 24.

**Cost: \$35 for Passholder A, \$40 for Passholder B**

### Belly Dancing

Explore the wonderful art of Middle Eastern belly dancing with this class, which meets Tuesdays from 7:45-8:45 p.m. from March 16-April 20.

Learn the basic techniques, as well as variations that students can incorporate into their dance.

An additional six week course will extend from April 27-June 1.

**Cost: \$35 for Passholder A, \$40 for Passholder B**

### Tang Soo Do Moo Duk Kwan Korean Karate

Learn self-defense techniques and develop balance, speed, agility, strength and mental and physical well-being in this class, which meets Monday and Wednesday, 7-8:30 p.m. for four weeks, starting March 29 (no classes April 5 and 7).

Additional four-week sessions run from May 3-26 and June 7-30.

Ages seven and over.

**Cost: \$26 for Passholder A, \$32 for Passholder B**

### Personalized Fitness Training

Let our certified personal trainers design a balanced program to meet your health and fitness needs. We offer a fitness assessment, health history analysis, body composition analysis, cardiovascular assessment and one-on-one customized instruction.

**Cost: \$40 per 55-minute session.**

Discounts available when registering for three or more sessions at the same time.

### Arthritis Exercise Class

Designed to relieve stiffness and decrease arthritis pain through gentle, joint-safe exercises. Class meets Wednesday beginning at 10 a.m. Participants may either sit or stand. A minimum of 12 people is required.

**Cost: \$7/month for one day. No refunds.**

Register in advance at the Senior Center. Call 943-3342 for information.

## FITNESS CLASS DESCRIPTIONS

### Body Sculpt/Upper/Lower/Full Body

Non-aerobic class featuring floor exercise using dyna-bands or hand weights and resist-a-ball abs.

### Boot Camp

A combination of cardio and sculpting moves that work the entire body. These moves include jumping jacks, push-ups, step-ups, squats and much more.

### Cycle 45/30

45 minutes on a cycle, followed by 30 minutes of cool down and stretching.

### Cycle 55/5

55 minutes on a cycle, followed by five minutes of cool down and stretching.

### Cycle 60/10

60 minutes on a cycle, followed by 10 minutes of cool down and stretching.

### Pilates

Total core body toning and strength building class targeting the abdominal and mid-body area.

### Senior Strength Training

Improve your everyday functioning and physical fitness. This class includes stretching and the use of medium/light weights and dyna-bands.

### Step

A total body aerobic conditioning and strength training workout, using steps and a platform.

### Self-Defense

Learn a defense system that uses techniques—such as breakaways, wrist locks, strikes, pressure points, punch blocks and balance distribution—rather than strength.

### Yogalates

Combines movements from yoga and pilates-style exercise to develop core strength, increased flexibility, muscle tone and stress reduction.

