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**Active Older Adults (AOA):** For the inactive older adult to improve flexibility and range of motion

**Belly Dance:** Great for your ABS! This is a fun workout with focus on ancient techniques for arms, hips and ABS.

**Bench Blast:** Step aerobic class to work the muscles and the mind

**Bikini Boot Camp:** Combination of sports specific training drills, strength sequences and cardio segments in interval format

**Cardio Combo:** High and Low impact aerobics, step and circuit

**Etch-A-Body ©** Body sculpting with dumbbells

**Fit 4 Life:** Low impact cardio with resistance, toning and abdominal workout for active older adults

**Full Throttle Plus!©** One hour of low-high impact aerobics with additional body conditioning

**Group Circuit Training:** One hour of group exercise routines done in a circuit.

**Health and Wellness Q&A:** This is where your health and wellness questions can be answered or discussed in a group setting.

**Jam Packed ©** 20 minutes of cardio, 20 minutes of weights and 20 minutes of toning

**Karate** The ancient art of martial arts for youth/adults

**Kickboxing:** Boxing techniques taught to build upper and lower body strength

**Old and New School Line Dance** Social dance exercise that can be done anywhere!

**PIYO:** Pilates and Yoga combined for the best of flexibility and relaxation

**Pilates:** Central focus is the core (abs) for balance and flexibility

**Power Dance Mix:** If you love Zumba, you will really like Power Dance Mix. One hour of dancing to popular hits.

**Power Hour:** Total body workout with major emphasis on various muscle groups. Full body abdominal workout.

**SilverSneakers I ©** For active older adults and persons with physical disabilities

**SilverSneakers II ©** Taking the active older adult workout to the next level of intensity and fun!

**Step, Resistance and Abs (SRA):** 30 minutes of step, 20 minutes of resistance and 10 minutes of abs

**Step and Sculpt:** Step aerobic cardio wrapping up with body sculpting exercises

**Stomp:** High impact step aerobics focusing on rhythm and beat

**Walking Class:** 5 mile walk in the neighborhood. Dress appropriately for this class. Class may be canceled depending on weather.

**Swing Out:** Social dance exercise with a partner. Those who complete the class sequence will participate in a Swing Out "graduation".

**Water Aerobics:** Cardio and toning in the water. Pool is indoors and heated. Excellent for persons with arthritis and other joint concerns.

**YogaStretch:** Focusing on energy and flow, flexibility and balance while sitting in a chair. Designed for the older adult.

**Zumba:** Latin American dancing combined with traditional aerobic moves. Great for those that LOVE to dance!

**Sign up anytime for PFP (Personal Fitness Program)**