

FOREVER FIT Class Descriptions

Older Adult Fitness

ARTHRITIS AQUATICS – The Arthritis Foundation Aquatic Program is a recreational program conducted in a heated pool. Participants are led by trained instructors through a series of specially designed exercises which, with the aid of the water's buoyancy, resistance and warmth, can improve joint flexibility. Swimming ability not necessary.

SOCIAL LINE DANCING

NOVICE – Dances will be taught at a slower pace for newer dancers.

INTERMEDIATE – Combines social, club, and performance line dance. Learn more intricate and higher energy dances.

LINE DANCERCISE: New dances are taught in the first part of the class.

The second part will take line dancers through a line dance exercise class building to a high energy peak and ending with relaxing moves.

FOREVER FIT LOW IMPACT – A combination of low-impact aerobics, core challenging and flexibility exercises to improve overall health and performance. Modifications will be offered for the beginner exerciser.

FOREVER FIT AQUA FITNESS – Learn how to exercise safely in shallow water while having fun and enjoying the benefits of a gentle, comfortable, low-impact workout. Designed with the beginner exerciser in mind, this class will introduce you to aerobic combinations, resistance training working with props (buoys, noodles, etc),. *For the beginner exerciser .*

AQUA CIRCUIT – This class combines cardio and resistance training in an interval pattern to provide your body with a complete workout. Hand buoys, kickboards and/or noodles may be used in resistance portion. *Participation in Forever Fit Aqua Circuit is encouraged before taking Aqua Circuit.*

SilverSneakers® I – MUSCULAR STRENGTH & RANGE OF MOVEMENT – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® II – CARDIO CIRCUIT - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a small ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® YogaStretch This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

STRENGTH TRAINING – Enjoy all the benefits of resistance training: stronger muscles and bones, improved flexibility and balance, in a fun, social group class! Participants are encouraged to work at their own level of comfort. This class is geared towards participants of all fitness levels and persons with limitations.

TAI CHI CH'UAN – Tai Chi is an ancient discipline of meditative movement and builds muscular strength, improves balance, and relieves stress. The slow and even movements of Tai Chi Ch'uan relax the body and mind, promoting the flow of vital energy and replacing stiffness with flexibility and good body coordination.

TAP– This class will focus on basic tap steps and will gradually progress. Enjoy upbeat music and have a great time expressing emotions through the spirit of dance. Tap shoes recommended.

YOGA – Enjoy this gentle progression of movement and postures which help to improve circulation and increase flexibility leading to a healthy body and tranquil mind.

GENTLE SPIN – Spinning is a non-impact group exercise class which will improve your overall cardiovascular fitness without putting unnecessary stress on the joints. Everyone is encouraged to ride at their own pace and enjoy the journey. This is an ideal class for the beginner exerciser as well anyone looking to improve their overall cardiovascular fitness! **Sign up is required one day in advance, you can sign up in person or over the phone.***FOREVER FIT Class Descriptions Portrait.doc*