

# GENERAL FITNESS CLASS DESCRIPTIONS



## LEVELS OF PHYSICAL CHALLENGE

LEVEL 1: LESS STRENUOUS

LEVEL 2: MODERATE

LEVEL 3: MORE CHALLENGING

<b>CHAIR FIT:</b>	Level 1 - Exercise while standing or sitting in a chair; includes use of weights, stretching and some mild aerobic exercise focusing on core body strength.
<b>SOUND BODY:</b>	All Levels – Meditation and sound are used as a tool to distress. It reduces anxiety, blood pressure, pain, tension, and depression.
<b>TAI CHI:</b>	All Levels - A Chinese form of physical exercise characterized by a series of very slow and deliberate balletic body movements
<b>TONE IT UP</b>	All Levels – This class targets all muscle groups using weight and bands. Some stretching and balance work as well. No impact
<b>20/20/20:</b>	Level 3 - A combination of 20 minutes weight training, 20 minutes cardio/aerobic training, and 20 minutes abdominal exercise and stretching.
<b>WATER AEROBICS:</b>	Level 1 & 2 – A 10-minute warm up followed by 50 minutes of straight aerobics exercise and cool down.
<b>WATER FIT &amp; PILATES:</b>	Level 1 & 2 Designed to condition the entire body and help increase flexibility, core strength, balance, and stability. The exercise created help achieve maximum movement and assist in maintaining correct body alignment.
<b>YOGA:</b>	Level 1 - System of exercise for gaining bodily or mental control and well being
<b>ZUMBA GOLD:</b>	Level 3 - Exercise using Latin-based dance moves.