

**Adaptive Yoga:** Experience yoga in a therapeutic and supportive setting to help improve your flexibility, balance, strength, breathing, relaxation and mind-body connection. This adapted style of yoga will meet the need of adults with a range of physical challenges (joint replacements, spinal surgeries, neurological disease, arthritis, cancer, stroke, COPD, cardiac, etc.). This is a seated, chair-based class with an option to stand and/or use a mat on the floor.

**Golden Tai Chi™:** This class was designed to address the heart of the balance problem by incorporating the fundamental principles that are Tai Chi's foundation. It draws upon those essential and elemental Tai Chi movements that have the most profound influence on balance.

**Pilates:** Class includes exercises to establish a strong core as the foundation for all peripheral muscles of the body. Pilates exercise creates a leaner, stronger physical body with greater awareness and control over your muscles through proper breathing. The class is mat based and is appropriate for all levels of fitness and body types. No prior experience with the Pilates method is necessary.

**Qigong and Neigong:** This 60 minute class begins with 20 minutes of standing meditation and continues with the exploration of mindfulness in motion using the Qigong set "Essential Qigong" to explore the ancient internal practice of neigong (The Philosophy of Change). No experience is necessary; however a desire to delve deeply into the heart of the Internal Meditative Arts is required. A conversation with Sifu, Gene Nelson, prior to registration is a pre-requisite.

**Silver Sneakers® Cardio Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body workout with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**Silver Sneakers® Muscle Strength and Range of Motion (MSROM):** Move to music through a variety of strengthening and stretching exercises designed to increase range of motion, strength, endurance and activity for daily living skills. Balls, weights and tubing are used and a chair is provided for seated and/or seated support.

**Slow-Flow Gentle Yoga:** Enjoy sustained stretches to release and relax the body and mind combined with dynamic, slow-flow poses to create strength and balance. Each class will incorporate breath work and finish with savasana, the final relaxation pose. This is a mat based and standing class. No yoga experience is necessary, but participants should be comfortable moving between the floor and standing poses.

**Stretch and Tone Level 1:** A beginner's class designed to strengthen the body using dumbbells, weights and bands. Individuals may use a chair for seated and assisted standing exercise. No mat work is included, class will commence with seated stretching.

**Stretch and Tone Level 2:** An intermediate class designed to strengthen the body using dumbbells, weights, bands and Swiss balls. Individuals will use the mat for strengthening and stretching exercises (in the lying position).

**Traditional Tai Chi Levels 1 & 2:** This Foundations class is suited for students new to Tai Chi as well as the more experienced practitioner who wants to review the basic core movements & principles of Tai Chi. The class includes Qigong, breathing for health, meditation and the eight movement Wu Chi, Tai Chi form.

**Traditional Tai Chi Levels 2 & 3:** In this traditional Tai Chi class students learn the Yang Family Style, 37 movement, Tai Chi form. This form is the most universally practiced style of Tai Chi. The class includes Qigong, Meditation and Breathing for Health exercises.

**Prerequisite:** Traditional Tai Chi Levels 1 & 2

**Therapeutic Tai Chi for Special Populations:** Movements are done seated. Students work within their own level of mobility. Special emphasis is placed on coordination and mindfulness. This class is uniquely suited for individuals with early stage neurological challenges. Students must be able to participate without the assistance of and aid or companion.

**Walking:** The work-out consists of an easy warm-up, some faster paced mobilization exercises followed by a more vigorous interval work-out, finish off with a short cool down and stretching session. Join us at the Burke track, dress in layers for the weather, bring a water bottle and a yoga mat if you have one (we do some stretches on the ground). In inclement weather we work-out on the colonnade. All levels welcome.

**Yoga Stretch:** Stretch, flexion, and balance designed for all levels of participants. Focuses on poses, postures, and improves your joint range of motion, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated support.

**YogaStretch Plus:** An additional 15 minutes for relaxation and meditation. Please bring a blanket.

**Yoga:** A "Hatha" yoga class that is adapted to meet all levels of age and ability. Postures are modified for each person's level of endurance and flexibility; breathing techniques are included. Yoga is a system of wholeness - body, mind and spirit.

**Zumba® Gold:** Fuses hypnotic Latin rhythms and easy to follow moves to create dynamic fitness program. The routines feature interval-training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body, while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba® Gold!

**Zumba® Gold Chair:** This class provides you with a fun and exciting experience of moving your body to the Latin rhythm. You will get the experience of dancing Cha-Cha, Salsa, Mambo, Merengue, Belly dance, and Cumbia. While learning upper body movements you will also learn some fancy footwork. The goal here is to keep the joints flexible, stretching, strengthening muscles, and most importantly HAVING FUN!