










# Fitness & Aquatic Classes

-  **Fitness Fusion** -an upbeat blend of gentle aerobic moves combined with balance, strength training and core work.
-  **Sit & Fit** -a full fitness workout from the convenience of your chair. This class also provides a standing opportunity in the last third of the class as well as strength training, balance and core work.
-  **Yoga Stretch** - a senior centered yoga practice combining modified yoga moves, breath work and range of motion- based moves. This class is done while seated during the first half and standing is an option in the second half of the class. Suitable for all fitness levels.
-  **Meditation**- a visualization style meditation is provided while participants relax and surrender their worries, enjoying a peaceful mind/body experience.
-  **Gym Time with Brenda** -during this time in the Fitness Center, Brenda can provide individualized programming for each resident. Brenda is also available to pre-set the fitness equipment for participants.
-  **Senior Aquatic Exercise** -a 45 minute water workout including water aerobics, resistance training with pool weights and noodles, finishing with an aquatic stretch.
-  **Water Walking** -a private or group experience involving walking back and forth in the pool performing different moves to improve balance and flexibility.
-  **Oodles of Noodles** -our newest addition to the aquatic schedule, using pool noodles for the entire workout. Discover all the things you can do with a pool noodle, while laughing and splashing with friends.
-  **Tai Chi** -Tai Chi is practiced as a graceful form of exercise, involving a series of movement in a slow, focused manner. It is a meditation in motion promoting stress reduction and relief for a variety of health conditions.



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