

## Community Center Fitness Class Descriptions

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### **AM Aqua Exercise**

The goal of Aqua Fitness is to improve and maintain an intermediate level of physical fitness. Modified interval training and circuit training is utilized to achieve this goal. Specific emphasis is placed on cardiovascular endurance, flexibility, core stabilization and muscular endurance.

*Instructor: Cinta White*

### **Power Aqua Fitness**

The "power" class is designed to improve and maintain an advanced level of physical fitness by combining interval training and circuit training methods in deep and shallow water. This vigorous class focuses on cardiovascular endurance, muscular strength, muscular endurance, and core stability.

*Instructor: MaryAnn Waldrop*

### **Take it Easy: Aqua Exercise**

This class is designed to introduce shallow water exercise to the participants. Focus areas are cardiovascular endurance, flexibility, and range of motion, muscular endurance, and stability training. All movements are modified to meet individual needs.

*Instructor: MaryAnn Waldrop*

### **Basic Yoga**

These classes are designed for the beginner yoga student who does not have knowledge of the primary seated and standing postures. The class will be structured for all fitness levels and will introduce the principles of yoga Asanas (postures) and Pranayama (breath work). In addition to learning the primary poses, students will learn the principles of alignment, muscular energy, organic energy, and balanced action. In every physical position there is a balance of energy that allows for the optimal flow of energy and spirit. Students will also be trained in the proper use of props to safely enhance their practice. Through the cultivation of these principles the students will gain strength, flexibility, vitality and well-being.

*Instructor: Carol Morrissey*

### **Yoga Level 1**

After completing the basic curriculum practitioners will be prepared to move on to a flow class. These beginning flow classes incorporate breathing and sequencing of poses in a vinyasa style practice that will build endurance, strength and flexibility. Core principles form yoga basics that will be integrated throughout the class providing a format that will be safe and enjoyable for all fitness levels.

*Instructor: Carol Morrissey*

### **Restorative Yoga**

This class focuses on alignment and relaxation. Props are used to increase support, strength and flexibility. You will be instructed how to do safe modifications of postures in order to enjoy the therapeutic effects of yoga without the rigor. Pranayama work will be incorporated to enhance the relaxation effects and the instructor will also provide gentle massages to areas of tension. You may even get a foot massage! This gentle and healing class is nurturing to body and soul. Limited to 8 participants.

*Instructor: Carol Morrissey*

### **Exercise Class**

This is a combo class consisting of a short low-impact aerobics segment implementing simple dance routines, body toning with weights and resistance bands. The class uses yoga and Pilates with a lot of stretching exercises and floor work emphasizing shaping and toning the entire body to improve musculature and bone density while strengthening the heart and reshaping the body.

*Instructor: Cherry Newton*

### **Golf Fitness**

The class consists of exercises and stretching proven to improve one's golf game, increase stamina and prevent injuries. Particularly addresses lower back, shoulders, trunk area, knees and wrists through the use of light weights alternating with stretches and ab work. Emphasizes strengthening and stretching to keep limber for the game of golf and to prevent injury.

*Instructor: Cherry Newton*

### **T'ai Chi**

This class offers instruction in the 37 frame (54 move) Yang Style Short Form of T'ai Chi. This simplified version of the traditional 108 frame Yang Style was developed by Professor (master) Cheng Man-Ch'ing. T'ai Chi is a Traditional Chinese exercise that seeks to enhance balance, body awareness, and overall well-being.

*Instructor: Kathy Mahan*