

Group Exercise Class Descriptions

A Breath of Fresh Air: A monitored exercise program focusing on the individual with pulmonary and/or cardiac disorders. **(Fitness Center)**

Body Core Class: Abdominal, hip, and low back exercise for improving adult balance, strength, and posture. **(Wellness Classroom)**

Basic Stretch: 30 minutes of flexibility exercise in a relaxing atmosphere utilizing floor mats to increase range of motion. **(Wellness Classroom)**

Cardiofun: Aerobic movements to music utilizing rhythmic combinations to increase cardiovascular endurance. **(Wellness Classroom)**

Functional Strength: Resistance exercise focusing on all major muscle groups to increase muscular strength and endurance. **(Wellness Classroom)**

Functional Circuit: A resistance training class in a circuit format. Several stations are setup and each participant rotates from station to station based on a specified time format. **(Wellness Classroom)**

InterWell: InterWell is an overall health and fitness class utilizing intervals of strength and cardiovascular training followed by a flexibility cool down. **(Wellness Classroom)**

Joint Fitness: This Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. **(Wellness Classroom)**

Water Works: This Arthritis Foundation Aquatic Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. **(Therapy Pool)**

Hydro Fit: Moderate level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance and range of motion exercises. **(Therapy Pool)**