

Fitness Class Descriptions

Ball Fit – Senior Mobility & Strength Class

This fun, full-body workout uses stability balls, medicine balls, and light-weight balls to enhance mobility, build strength, improve balance, and boost cardiovascular health. This class offers adaptable movements that support functional fitness in a safe and supportive environment.



Chair Pilates – Core Strength & Stability

This gentle yet effective class adapts traditional Pilates exercises using a chair for support, making it ideal for those with limited mobility. Participants focus on core strength, posture, flexibility, and balance through controlled movements and mindful breathing. All exercises are low-impact and easily modified to suit individual needs.

Chair Yoga

This accessible yoga class uses a chair for seated and supported standing poses, making it ideal for those with limited mobility. Participants improve flexibility, strength, and balance while practicing mindful breathing and relaxation techniques. No experience needed—just a willingness to move at your own pace in a calm, supportive environment.



Core & Mobility – Strength and Movement

This functional fitness class focuses on building core strength and improving joint mobility to support balance, posture, and everyday movement. Through controlled exercises and dynamic stretches, participants enhance stability, reduce stiffness, and increase overall body awareness.

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Drums Alive – Rhythm & Wellness for Seniors

This high-energy class blends movement, music, and rhythm using stability balls and drumsticks to create a fun, full-body workout. Drums Alive enhances cardiovascular fitness, coordination, and mental focus while promoting joy and self-expression. No musical experience needed, just a willingness to move and have fun!



Sit & Fit

This low-impact class is designed to improve strength, flexibility, and balance. Participants can perform exercises seated or standing, making it ideal for varying mobility levels. With a focus on functional movement and gentle conditioning, Sit & Fit promotes overall wellness in a safe, supportive environment.

Stretch, Strength & Balance

This dynamic class enhances mobility, builds muscular strength, and improves balance. Through guided stretching, resistance exercises, and stability drills, participants develop functional fitness to support daily activities and reduce fall risk. All movements are adaptable to individual needs, ensuring a safe and inclusive experience.



Water Aerobics

This energizing aquatic class combines low-impact cardiovascular exercise, resistance training, and balance work to support overall fitness in older adults. Water's buoyancy reduces joint stress while enhancing mobility, making it ideal for all ability levels. Participants will build strength, boost heart health, and improve stability, all in a fun, refreshing environment.