

Aerobics: Continuous cardiovascular movements along with strength training and flexibility. Emphasis on building endurance through movement. Minimum Physical Requirements: able to step side to side, forward and back in a row without losing balance. Intensity Level: Moderate to High

Exercise 1: Emphasis on stamina, strength, balance and some stretching. Exercises are performed sitting and standing. Intensity Level: Low

Exercise 2: Exercises are performed standing and sitting. Emphasis on flexibility, strengthening, balance, and stretching. Also includes rhythmic activities. Intensity Level: Low to Moderate

Intro to Wellness: Class consists of singing, stretching, strengthening and range of motion exercises performed seated and some standing. Stretching bands, dumbbells and body weight are utilized as resistance. Intensity Level: Low

Learn to Dance with Jim and Linda: Designed to teach basic dance steps to partner dances. Dances taught may include Waltz, Country Western Two-Step, Tango, Rumba, etc. For optimal results bring a dance partner. Intensity Level: Low

Line Dance Vocabulary: Language of basic steps will be taught and explained through a "feet on" experience with a detailed walk-through. Each basic step will be incorporated into a dance exercise that is vocally cued with music. Basic line dance steps taught may include waltz, cha cha, rumba, tango, mambo, and two-step. Intensity Level: Low to Moderate

Line Dance Level 2: Experience and knowledge of Line Dance required. Intensity Level: Low to Moderate

Line Dance Level 3: Preparation for more advanced levels of Line Dance. Need to have mastered Line Dance Vocabulary and understand basics of Line Dance Level 2. Intensity Level: Low to Moderate

Line Dance Level 4: Should have mastered Vocabulary and Level 2 Classes. Emphasis is on learning new routines and dances. Intensity Level: Moderate to High

Line Dance with Terri: Experience and knowledge of Line Dance required. Emphasis will be on dances already introduced with minimum teaching and cuing. Intensity Level: Moderate

Mobility and Balance: In this class focus is directed towards improvement of balance and gentle developmental movements to enhance mobility. Use of chairs for stability utilized. Emphasis is on basic skills and building strength. Intensity Level: Low

Pilates: System of strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility. Increases range of motion in all joints and movements of the body. Exercises include both mat and standing activities. Intensity Level: Low to Moderate

Seated Yoga: Emphasis is on flexibility, range of motion, strengthening, and balance. Primarily seated exercises (with some standing) ending with relaxing activity/meditation. Goal of the class is to maintain and enhance functioning for daily living. Intensity Level: Low

Strictly Strength: Class that puts the emphasis on resistance training in order to build strength/muscle. Class will utilize body weight, dumbbell, barbells, and band exercises. Improve muscular endurance, strength, bone density, and reshape your body. Intensity Level: Moderate to High

T'ai Chi Chih®: A Western style of movement related to Tai Chi that improves well-being. The class involves slow, continuous, circular, shifting movement to stimulate inner energy chi flow. Will increase balance and flexibility. May be performed standing or sitting. Easy to learn. Intensity Level: Low.

Total Body: Conditioning class, emphasizing endurance, strengthening, stretching, and shaping. Includes standing and seated activities and use of various equipment. Intensity Level: Moderate

Yoga AM: Uses the physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit as well as increase strength, flexibility and balance. Minimum Physical Requirements: able to get up and down from a mat. Intensity Level: Moderate to High

Yoga PM: Set of physical exercises or postures, sequences of postures and conscious breathing used to develop awareness, balance, strength and flexibility. Minimum Physical Requirements: able to get up and down from mat and sustain standing postures for a period of time. Intensity Level: Moderate

LOW INTENSITY: RPE = 1-3. Exercise range: less than 4 mets (not hard or intense); walking less than 3 mph (not brisk).

MODERATE INTENSITY: RPE = 3-5. Exercise range: 3-6 mets; walking 3-4 mph; may exercise for ~ 45 minutes; 65-80% maximum heart rate.

HIGH INTENSITY: RPE = 5-7. Exercise range: Vigorous >6 mets; exercise substantial for cardio respiratory challenge; 70-85% maximum heart rate.

Rate of Perceived Exertion Scale (RPE) 1-10