

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 stretching, strengthening, and range of motion exercises while singing. Performed seated with 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 Level 1: 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. Intensity Level: Low to Moderate

Line Dance Level 2: Experience and knowledge of basic steps required. Continued instruction of progressively complex line dance steps appropriate for Beginner Level dances. Intensity Level: Low to Moderate

Line Dance Level 3: Experience and knowledge of line dance steps required. Focus on learning Beginning and Low Improver level dances. Intensity Level: Low to Moderate 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: Continued mastery of more complex dance steps and sequences. Should have sound knowledge of line dance terminology. Emphasis is on learning new routines and dances ranging from Improver Level to Intermediate Level. 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

Seated Strength: Low impact resistance movements all performed sitting that emphasize building strength and muscle. Class will utilize dumbbells, barbells, and resistance bands. Class primarily focused on improving muscular endurance, strength, and bone density. Intensity Level: Low to Moderate

Stretch & Flex: Emphasis is on flexibility, range of motion, strengthening, and balance. Seated and standing exercises. Goal is to maintain/enhance range of motion and joint strength for daily functional movements. Intensity Level: Low

Strictly Strength: Class that puts the emphasis on resistance training to build strength/muscle while getting your heart rate up. Class will utilize body weight, dumbbell, barbells, and band exercises. Improve muscular endurance, strength, bone density, cardio endurance, and reshape your body. Intensity Level: 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