

**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

**Chair Yoga:** Emphasis is on flexibility, range of motion, strengthening, and balance. Seated and standing exercises ending with relaxing activity and meditation. Goal is to maintain/enhance functioning for daily living. Intensity Level: Low

**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

**Gentle Yoga:** This comfortably paced yoga class combines floor and standing exercises that incorporate gentle toning/stretching to increase mobility, flexibility, balance, and strength. Participants should be able to get up and down from the floor, but modifications utilizing a chair as an aid will be provided. 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. 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, and strength. Intensity Level: Low to Moderate

**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.

**Tone & Stretch:** Learn the basics of strength training and stretching to reduce muscle tightness and soreness and increase joint mobility and flexibility. Exercises will be performed seated & standing utilizing a chair for stability. Intensity Level: Moderate

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

**Weights & Flexibility:** This class puts emphasis on weight bearing exercises to build strength/muscle, stretching and proper breathing techniques using various equipment while increasing your heart rate. Intensity Level: High

**Yoga:** 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

**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**