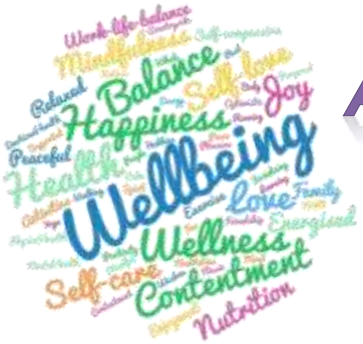

ACTIVE WELLNESS CLASS DESCRIPTIONS

DANCEFIT

Just right for you, this fun and easy-to-follow aerobic dance workout with **Gail Spencer-Lamm** is inspired by "Zumba" and is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

STEP AND STRENGTH

Suitable for all fitness levels, male and female, this interval class alternates between calorie-burning cardio work on the step and strength resistance training with weights, bands, Tabata and Pilates. Expect a full body workout to increase your strength, stamina, bone density, balance, and flexibility. Have fun with great music while you're getting more fit with **Cheryl Kooning**.

Bring water, a mat & 3 -10 lbs weights depending on your fitness level.

YOGA

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm** on **Tuesdays @ 4:30 pm** and **Elizabeth Luke** on **Wednesdays @ 10:15 am** – with the exception of Luncheon day when class will be at 10:00am . You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga You will be encouraged to lean against your edge with considerate persistence and honor your needs. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized!

BODY BLAST

This class with **Cheryl Kooning**, offers the variety and challenge that your body needs to see results. It will be a 20-20-20 style class meaning the class will contain 20 minutes of cardio, 20 minutes of strength training with a core focus and 20 minutes of stretching and relaxing. The cardio portion will incorporate a variety of activities including martial arts, easy to follow high to low impact choreography, "Zumba", Tabata and/or step aerobics. The strength training will use weights, bands and pilates. The stretch will be yoga based with time to reward yourself with some relaxation at the end of class

GENTLE YOGA

This one hour program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is "just enough". Learn to harmonize body/mind/spirit in this ½ hour chair assisted and ½ hour mat work class. It's the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day.

PILATES & BARRE

Come join **Elizabeth Luke** for a fun and challenging 45 minute class of Pilates. This class will help develop your core strength and enhance flexibility. Core work improves your balance and stability and strengthens your lower back, hips, gluteus and abdominal muscles. Barre movements will be incorporated into the session to help sculpt and tone your muscles.