

# Fitness Class Descriptions

## Balance and Mobility

Restore your independence and joy in movement. This class increases your confidence by working through a series of progressive challenges that improve the ability to correct imbalances as well as strengthen the skill to consistently implement safe movement strategies. Performing exercises to increase strength, flexibility, sensory awareness, reflexes, concentration and others work to combat the fear of falling

## Zumba® class

This energizing dance fitness class features Latin and international music

## Step

Pure Step uses an adjustable, non-slip platform step for a calorie-burning, stamina enhancing class to suit all fitness levels

## Spin

Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.

## Pilates

Pilates classes are a full body workout that create long, lean muscles. Pilates is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, balls or weights. This beginner friendly class is ideal for multiple fitness levels. Pilates will improve your flexibility, posture, strength, and balance.

## Hatha Yoga

An introduction to basic breathing techniques, postures and relaxation exercises.

## Yin Yoga

A slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles

## HIIT

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate followed by short periods of lower intensity movements

## Total Body Strength

A full body workout that combines traditional strength exercises and functional training using a variety of equipment.

## LifeFit

LifeFit classes have been designed to enhance your healthy lifestyle through scientific evidence based exercise programs. The class aims to improve your body composition, lean muscle mass and physical function.

## Strength & Balance

This low/moderate intensity class features exercises that focus on everyday movements to improve balance, strength and stability. The class is not appropriate for participants who use walking aids or cannot stand without support for periods of time.

## Fusion

This class combines elements of yoga ,Pilates and fitness to stretch the tight muscles, strengthen the core and challenge your balance.



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