

Yoga Stretch (M,W,F 9:30 - 10:30)

Move your whole body through a complete series of seated or standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote relaxation, stress reduction and mental clarity.

Circuit/Cardio Class (T 9:30 - 10:30)

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular strength, range of movement. Hand-held weights and elastic tubing with handles are offered for resistance. A chair is used for seated and/or standing support, head-to-toe stretching.

BOOM Class (TH 9:30 - 10:30)

Gain stamina and strength with high-intensity choreography. Marching and walking burns calories and gets your heart pumping. Bring a mat.

