

Franciscan Center Fitness & Aerobic Class Descriptions

The following classes offered to TFC members

Core (30 minutes)

This class focuses on your core strength and stability. A total core workout will help strengthen your lower back, hips, and abdominals. All muscles important for activities of daily living. Intermediate level ability. Must be able to exercise on an exercise mat.

Cross Training

Class incorporates an all-around fitness and physical workout consisting of various resistance exercise equipment geared to enhance the entire body. Must be comfortable exercising on a mat and using free weights. Intermediate level ability.

Indoor Cycling

Participants of all fitness levels will work on increasing cardiovascular endurance. This class is an excellent opportunity to exercise with friends and meet new ones. It is all the fun you had as a kid without the skinned knees!

Beginning Line Dance

Predominately beginner steps for those just learning or who have never line danced before

Intermediate Line Dancing

For those with knowledge of beginning dance steps and learning more technique and choreography.

Spin and Strength

Incorporating an Indoor Cycling class (also called Spinning) with Strength Training! The class will contain intervals on and off the bike using various strength equipment to provide a combo workout of cardio & strength. Get 2 classes in 1!

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Stretch & Tone (30 minutes)

Using body weight, balls, and other exercise equipment, this class will build muscular strength and flexibility for overall functional fitness. Standing and seated exercises. All levels welcome.

Strength Training

This is a fun, wide variety, intermediate strength class that provides an all over body strengthening routine while using various equipment in the aerobics room.

Beginning Tai Chi

Slow, rhythmic movements derived from martial arts practice designed to promote holistic health. The movements incorporate gentle stretching, breathing, and mental focus. This class is mostly standing with some seated movements.

Intermediate Tai Chi

Building on the foundation of Basic Kimoodo (Tai Chi), stretching, breathing, and concentration are deepened and broadened, leading to more powerful functional change. Movements are more dynamic and some squatting, lunging, and turning are incorporated in this class.

Weight Training

Plan your routine around circuit-weight training followed by gentle stretching. Our trainers will help you utilize different fitness tools to get a full body workout.

Chair Yoga

Chair yoga is **a gentle form of yoga that can be done while sitting**. Some poses can also be done standing using a chair for support. ... Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

Zumba Gold

A modified Zumba class. Introduces easy to follow Zumba choreography focusing on balance, range of motion, and coordination.

Franciscan Center Aquatic Class Descriptions

All classes are held at The Franciscan Center Pool

Aquabilities

Improve strength, balance, & function using different water equipment OR just the resistance of the water.

Aqua S.M.I.L.E. (SLOW.MOVES.,IMPACT.LOWERED.EXERCISE.)-35minutes

Gentle movement, strength, balance, and stretching in the pool provide a quick and over all full body fitness routine.

