

# Franciscan Center Fitness & Aerobic Class Descriptions

## **Core, Strength and Stretch (1 hour)**

This class focuses on your core strength and stability. A total core workout will help strengthen your lower back, hips, and abdominals. Using free weights, and bands, this class will build strength and flexibility for overall functional fitness. All muscles important for activities of daily living. Intermediate level ability.

## **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.

## **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.

### **Wellness Wednesday**

St. Leonard in partnership with Concept Rehab is offering free balance screenings to help people identify issues with mobility and balance. Balance screenings test strength, flexibility, vision, cognition, sensory integration, and balance.

### **Mind- Body Reset**

Mind-Body Fitness relieves stress, eases pain/stiffness, and improves your health. We focus on gentle Pilates based strengthening and mobility exercises and incorporate breathing techniques with a guided meditation. This is your reset button. You will leave feeling refreshed and renewed.

**\$4/per class**

### **TRX® Age Strong**

TRX® (Total body resistance exercise) uses adjustable suspension straps to leverage your body weight and gravity resistance. This TRX® class focuses on functional mobility, strengthening, and balance to help you age strong!

**\$4/per class**

### **Women on Weights**

This one's for the ladies! Just like the traditional weight training class, plan your routine around circuit-weight training followed by gentle stretching. Our trainers will utilize different fitness tools to get a full body workout.

## **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 Zumba®**

When you combine Zumba with the water you get a class that is perfect for anyone looking to add a low impact, high-energy aquatic exercise to their fitness routine. Water creates natural resistance which means movement is more challenging and helps to tone your muscles.

### **Water Fitness with Catherine (starting in February)**

A creative and fun approach to Get Fit to Live Well exercising in water. Experience improvement in strength, endurance, range of motion, balance, and energy using various forms of pool equipment and functional exercises. Classes offered can be modified to your fitness level for optimal participation. Join us for a great experience in water.

Class drop in fees: \$10.00

Prepaid sessions: \$8.00 per class if 4 or more classes are purchased in advance