

Fitness Programs available this session include:

Cardio Balance and Strength
Cardio Dance
Cardio Dance Gentle
Cardio, Balance, & Strength (Men's only)
Cardio, Balance, Strength
Chair Fit
Chair Yoga
Core
Full Body Fitness (circuit fitness)
Meditation & Stretch
Meditation & Stretch Male only
Pilates Level 1
Pilates Level 2
Stability Strength & Tone
Stability, Strength, Tone, Ballet
Strength & Stretch
Tai Chi Level 3
WALKING Cardio, Balance, & Strength
Yoga Bone and Brain Health
Yoga Hatha
Yoga Gentle Hatha
Yoga Restorative
Yoga Vinyasa- not recommended for beginners
Yoga Yin Yang

