

Kendal Fitness Center Class Descriptions, January – March 2010

All Levels, Lower Level, and Moderate Level Classes:

Arthritis Foundation Aquatic Program – Focus is on flexibility, range of motion, balance, and endurance.

Arthritis Foundation Exercise Program – Improve range of motion, strength, and balance with seated and standing exercises.

Chair Aerobics – Seated exercises for muscle strength, stretch, and cardiovascular endurance.

Fitness and Strength – Self-challenge class which utilizes exercise equipment and activities for an all-over body workout.

Morning Stretch – Class for strength, stretching, and balance using seated and standing exercises.

Tai Chi – Moving meditation that promotes mind/body healing and wellness.

Therapy Pool Arthritis - Focus on your range of motion in the warmest pool.

Water Arthritis – Focus on strength, range of motion, and aerobic endurance.

Water Tai Chi – Enhanced flexibility, balance, and strength are the goals of this class.

Yoga – Develop flexibility, strength, and learn relaxation techniques.

Moderate and Highest Level Classes:

Advanced Balance and Movement – This is a quick-paced class to develop your balance, cardiovascular endurance, strength, and flexibility.

Dance Aerobics – Group dance activity to learn choreographed steps and challenge your coordination and cardiovascular endurance.

Sports Class – Non-competitive fun and games, adapted for inside play.

Stretch and Strength – Seated and standing all body exercises with use of audio and video tapes. Hand weights are optional.

Water Aerobics – Focus on aerobic endurance and strength.

Water Fitness – Sweat breaking aerobics, strength, abs work, and fun.

Not sure where to start? Contact Dianne for a Fitness Assessment, 775-9851.