

Class descriptions

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Outdoor Bootcamp	Take your bootcamp outdoors. Using bodyweight and tools and equipment around you, you can experience a full body workout. Be prepared for varied weather conditions, extreme inclement weather cancels.
Teen Lift	A 4 week session designed to teach the proper form of major lifts. Learn how to best use these lifts to integrate into your lifting program. All teens, ages 14+ are welcome to attend.
Hike Ready	This 6 week series is designed to prepare you for a season of walking, hiking or backpacking. Learn how to strengthen your muscles to walk farther, carry more and recover quicker. Class will be held outside except in cases of extreme weather. Be prepared to venture out on the trail. Please bring appropriate footwear, varied weather gear, and hydration to each class. First class meets at MCC.
Yin/Yang	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Corefusion	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
Five Animal Frolics Qigong	Come play with this 1800 year-old Chinese qigong system attributed to the father of Chinese medicine, physician Hua Tuo (CE 207). We'll work on all five of the animals (Crane, Bear, Monkey, Deer & Tiger) and practice the health and healing movements of each. This low impact qigong will help us relax and extend muscles, open joints and stimulate all of the body's major systems. Join us and benefit from this, the longest, continuously practiced Chinese qigong system. Virtual only.
Pilates Level 2	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Pre-requisite: 6 months of former Pilates or permission from instructor.
Pilates with Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down position. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's care should not attend.
Silver Sneakers Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class offered in person this session only in conjunction with Circuit Combo. See Below. Class is FREE for SilverSneakers members
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.

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Silver Sneakers Circuit/Yoga Combo	Same description as classes above, 30 minutes of each activity. Class is FREE for SilverSneakers members.
Silver Sneakers Stability	Stability is the newest SilverSneakers class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. Class is FREE for SilverSneakers members.
Chair Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Chair Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a small lightweight ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Virtual only. Options will be given for alternate resistance tools.
Chair Strength	Have fun moving through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small lightweight ball are offered for resistance. A chair is available if need for seated or standing support. Virtual only. Options will be given for alternate resistance tools.
Chair Circuit/ Yoga Combo	Same description as classes above, 30 minutes of each activity. Virtual Only. Options will be given for alternate resistance tools.
Stability & Fall Prevention	Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. Virtual Only. Options will be given for alternate resistance tools.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
TRX	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

