

MARSHALL LIFE CENTER

Class Descriptions

STEP	Lots of FUN! Creative step choreography at its best! A step class that builds from doable steps to explore your “funky” side. An <u>intermediate</u> to <u>advanced</u> class for people with step experience.
GROUP EXERCISE	Expect the unexpected! A combination of various floor and step exercises that will definitely get you heart a pumpin' . This class is for all levels of fitness, so come on in and “join the crowd”.
BODY PUMP	GET PUMPED UP! An intense cardio and strength training workout that sculpts your muscles by using low to moderated weight and high repetitions.
YOGALATES	Stress reducer! Sculpting the long muscles by combing the traditional arts of <u>pilates</u> , and <u>yoga</u> .
STRETCH & TONE	Muscle tension gone.... Hello flexibility! This uplifting class will definitely help improve and teach the importance of flexibility through the use of weights, bands and stretching techniques.
KICKBOXING	WANNA SWEAT! Come join s in this high intensity class. Beginners are welcomed. You will learn the proper way to punch, jab, and kick along with man many exciting combination routines.
SENIORS	Concentrating on balance and coordination while receiving the gift of a healthier life style.
TAI CHI	Achieve balance and core conditioning with this mentally and physically challenging ancient practice.
STRONG STRESS & FREE	Free lunch hour class that includes weight training and light cardio.
GLIDING & WELLNESS BALL	No prior experience is necessary to start gliding! Simplicity is what gives gliding it's beauty while incorporating body sculpting, balance, flexibility,core training and cardio. This fun exercise class uses progressive movements to strengthen and lengthen muscle. Want great legs? See you there
CARDIO FUSION	A fusion of simple but heart-pumping cardio with muscle toning and power yoga. A complete body workout!

Water Aerobics

H2O SPORTS CONDITIONING	This workout blends basic sports conditioning exercises and athletic training techniques into the structure and format of a group exercise program. It enhances the qualities specific to sports performance:balance, coordination, speed, agility, and power. Appropriate for intermediate to advance level participants.
WATER ARTHRITIS	Pain in your joints may make you want to avoid activities that increase pain. Let this class change all that. The soothing temperature and buoyancy of warm water make exercise a safe, ideal environment for relieving arthritis pain, while improving range of motions of the affected joints.
WATER AEROBICS	Need to spice up your exercise regiment? Break a sweat in the water! The water will provide you great resistance and add an extra challenge to your cardiovascular workout. Appropriate for all levels. Water bands, gloves, and weights are also used to add more resistance to the workout.
SILVER SPLASH	Activate your aqua urge for variety! Silver Splash offers Lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and special Silver Sneakers kickboard is used to develop strength, balance, and coordination.
SILVER SNEAKERS YogaStretch	This new class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll helps increase flexibility, build endurance and learn how to relax and think more clearly.
Yoga	Yoga is 60 minutes designed for the ultimate relaxation of the mind, body and spirit. This class is designed for beginners and intermediate levels and a escape from the daily stresses of life. Enjoy yourself and feel more ENERGIZED and ALIVE .

The goal of our Exercise Program is provide you with professional instruction and a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strengthening and flexibility training, body, and mind awareness. Many of our classes are geared for all levels of fitness and some more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free.