

# MRRC Group Exercise Classes

**AOA Splash** (Michelle)- Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and kickboards and other aquatic equipment are used to improve strength, balance and coordination.

**AOA Pilates** (Michelle)- Active Older Adults Pilates. A basic gentle mat Pilates class. Designed for beginners. Focuses on building core strength, improving balance and mobility. Equipment used includes bender balls, stability balls, hand weights, body bars, and stretching straps.

**Butts and Guts** (Sharra)-this 45 min class we will strengthen and tone the core area of the body including your abs, back, and butt.

**Bootcamp** (Sharra)- Bootcamp is an aerobic and strength conditioning workout, including a mix of circuit training, cardio exercise, body weight exercise, core training and stretching for a complete and total body workout.

**Cardio Strength** (Elena)- Cardio Strength will improve cardiovascular health, muscular strength, and endurance. Mixing between strength sets and heart-pumping intervals, members are challenged to push past their limits and walk out feeling stronger! All fitness levels are encouraged, modifications are always available!

**Chair Yoga** (Tracy) Yoga, but on a chair! Using the chair, we have more stability and balance. This is a gentle yoga class. Perfect for anyone needing a full body stretch head to toe. Perfect for beginners, active older adults, and anyone wanting to try yoga.

**Hatha Yoga** (Anna)- A gentle and grounding practice that focuses on basic postures, breath awareness, and relaxation. Ideal for all levels, this class emphasizes alignment and mindful movement to help build strength, flexibility, and inner calm.

**High Fitness** (Torri)-Experience a modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and will become the cardio workout you never dread. HIGH is easy to follow and a total blast! Adaptable to all levels of fitness, you can go high or you can go low, but you will always leave feeling HIGH.

**Kettlebells** (Sharra)- A high intensity- ballistic workout that can help you meet your toughest fitness goals. It combines functional compound exercises such as The Swing, The Press and The Clean, that will work multiple muscle groups.

**Kettlebell Flow** (Sharra)- Participants will move directly from one exercise to the next without ever setting down the weight. This keeps your heart rate elevated and your muscles firing through the whole routine, giving you an intense workout.

**Senior Strength** (Michelle)- Senior Strength is a full-body workout for active older adults focused on using the machines in the gym, and free weights - when the participant is ready for them.

**Power Yoga** (Kaylie)-Power yoga is an invigorating and dynamic style of yoga that blends the fluidity of Vinyasa with a focus on strength, intensity, and athleticism. This fast-paced style of yoga encourages you to move your body in sync with your breath, while also focusing on building strength, endurance, and flexibility. This athletic practice will include seated, standing, twists, balances, and inversion postures. Be prepared to sweat. Appropriate for practitioners with a consistent yoga practice.

**Slow Flow Yoga** (Tracy) A calmer yoga class perfect for winding down in the evening. You will find some challenging poses throughout the class. All levels welcome!

**Spin** (Elena/Shannon)- Dive into a 45-minute indoor spin class – a joy ride on a stationary bike. With heart-pounding music, dynamic routines, and an infectious vibe, it's not just a workout; it's a party on pedals! Spin, sweat, and conquer your fitness goals in this exhilarating burst of fun and fitness.

**Spin & Strength** (Shannon)- A killer workout on and off the bike! We will work on our cardiovascular health as we mix riding through hills and flats! Then we will hit different muscle groups with strength focused exercises!

**Strength & Stretch** (Jackie)- A balanced class combining muscle-strengthening exercises with deep stretching to improve flexibility, mobility, and overall body tone. Perfect for building strength while enhancing recovery and relaxation. Suitable for all levels.

**Tone + Yo** (Torri)- 30 minutes of TONE followed by 30 minutes YO (stretching) Tone: A low impact, lower body focused toning workout. Yo: Yoga inspired deep stretching class.

**Total Body** (Sharra)- this class is an aerobic and strength conditioning workout, this class includes circuit training, cardio exercise, body weight exercise, and finishes with a core training and stretching for a complete workout.

**Water Aerobics** (Michelle)- This class will help you reach your fitness goals by performing fun and energizing low-impact water exercises designed to improve strength, flexibility, range of motion, and endurance. All levels are welcome.

**Zumba** (Lori/Tracy)- A fun Latin based dance class that incorporates dance styles from around the world! Salsa, Merengue, Cumbia, Reggaeton, Bollywood and hip hop to name a few! We have so much fun in this class and it is suitable for all fitness levels! Join us!

**Zumba Toning** (Tracy)- Zumba Toning is a fun, fast paced exercise class using light weights. Easy to follow and effective. Zumba Toning also includes lunges, squats and balance.

**Water HIIT** (Michelle)-High intensity interval training (HIIT) alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardiorespiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

**Vinyasa Yoga** (Kaylie/Anna)-Vinyasa translates to mean "to place in an intentional way." This one hour Vinyasa Yoga class is sequenced in such a way that students are guided through a very intentional practice preparing the body for a peak pose or movement focus. During this class we will be matching breath with movement while exploring a variety of poses to include standing, balance, seated and supine.