

What exercise class is right for you?

Muscle Pump: *Mondays and Wednesdays 8:35am - 9:30am, and Fridays 9:45am - 10:45am (not 2nd Fridays)*

Tone up your abs, legs, and arms in this fun class designed for any ability level. You will learn how to work your muscles with dumbbells, toning bands, and resistance. Give it a try!

Total Body Workout: *Mondays and Wednesdays, 9:30am - 10:30am, Fridays 8:35am - 9:35am*

This is a high-energy class for those who want to sweat! Cardio and weight training are elements of TBW. This class is for someone who really wants to move - no sitting in this class.

Seniors on the Move: *Mondays and Wednesdays, 10:30am - 11:00am*

This class is for anyone wanting to learn beginner line dance steps. It will include the Electric Slide, Cupid Shuffle, Mississippi, Cha-Cha Slide and others. Straight dancing for 30 minutes.

Keep It Moving: Joints, Stretch & Balance: *Mondays and Wednesdays, 11:00am - 12:00pm*

This is a partially seated class that focuses on improving joint discomfort. Exercises are for increasing, balance, as well as flexibility and range of motion in hands, wrists, shoulders, ankles, etc. Exercise Away the Aches is a good choice for someone experiencing arthritis or other joint issues.

Strong & Steady: *Mondays and Wednesdays, 12:15pm - 1:15pm*

This class focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. It incorporates exercises that are reviewed and recommended by well-studied programs of A Matter of Balance, Fit and Strong, and the OTAGO balance program. Strong and Steady is guided by a licensed physical therapist who will help to modify the exercises as needed. This class is great for beginners as well as advanced exercisers! All equipment is supplied!

Line Dancing: *Mondays and Wednesdays, 1:30pm - 3:30pm (not on the 3rd Wed)*

The first hour of this class goes through familiar line dances. The second hour is for teaching and practicing new dances. Beginners are encouraged to start at the first hour.

Gentle Yoga: *Monday and Wednesday, 12:15pm-1:15pm*

The class offers the enjoyment of moving through gentle yoga poses in a rhythmic flow. Focus in on fun, strength, flexibility and enhancement of physical and mental well-being. Beginner level. All are welcome.

Beginning Yoga: *Tuesdays and Thursdays, 9:00am - 10:00am (Limited to 40 people)*

This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. You can be on the floor or in a chair during this class. This a good class for a beginner.

Belly Dancing: *Tuesday and Thursdays, 12:45pm - 1:45pm*

We dance to world music and learn a variety of basic movements from other countries as well as American Cabaret style. This is a low-impact dance class. It is a good choice for people who want to build flexibility and strength in their upper arms, back and core. The focus is on isolation and movement of the upper, middle and lower body. Wear comfortable clothes, bring a scarf to tie around your hips and shimmy your way to good health and well-being! No dancing experience necessary.

Easy Tai Chi: *Tuesday - Thursday, 9:30am - 10:00am*

Yang 24 Style focuses on balance, breathing and strength. This class is about concentration and getting the positions/poses correct. This a good for Beginners.

Geri-Fit: *Tuesdays and Thursdays, 10:00am - 11:00am*

An evidence-based group strength training exercise program for older adults of all senior ages and fitness levels using dumbbell weights to help rebuild strength that's been lost through the aging process. An evidence-based group strength training exercise program for older adults of all senior ages and fitness levels using dumbbell weights to help rebuild strength that's been lost through the aging process.

Medium Impact Aerobics: *Tuesdays and Thursdays, 10:15am - 11:15am*

This class focuses on cardio exercises, weight training, and floor work. Equipment used includes dumbbells, bands, and mats. Typically, this class spends 15 mins. on cardio, 15 on strength, 15 on abs/floor work. This is an intermediate class for those who want to get their heart rates up.

Hooping: *Tuesdays and Thursdays, 11:00am - 12:00pm*

This hula hooping class provides cardio and core exercise + head to toe body toning. Learn or refresh hula hooping skills and creative new ones. Learn at your own speed.

Low Impact Aerobics: *Tuesdays and Thursdays, 11:30am - 12:30pm*

This class uses a combination of dance and seated exercises focusing on strength, flexibility, balance and stamina. You will use weights and exercise bands.

Dance Aerobics: *Tuesdays and Thursdays, 2:00pm - 3:30pm*

DCSL's answer to Zumba! Dance Aerobics puts dance routines to upbeat music for a fun work-out. You won't even feel like you are exercising! There will be stretching and balances along with grooving to familiar dances such as the Cupid Shuffle, Wobble, Blurred Lines, Bikers Shuffle, and Ms. Jody's Thang. All abilities are encouraged to participate and dance experience is not required.

Tai' Chi: *Fridays, 10:00am - 11:30am*

This is a beginner drop-in class for those who would like to learn the entire Wu (Hao) traditional 108 movement long form. At 10:00am, we do gentle standing warm-ups for flexibility, circulation, breath, and balance; with an emphasis on matching slow movements with mindful intent. We then focus on learning one or two movements from the long form. At 11:00am, we run the entire long form. All are welcome to join in at any time.

Above information is subject to change. Remember to consult with a doctor before starting any exercise program.

