

# Land Class Descriptions

## **Arthritis Foundation Exercise Class \*\*\* (Low Intensity)**

**Instructor:** Cindy Allen

**Mondays & Wednesdays at 10am**

**Cost: \$1.00 per class all ages**

This is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range of movement exercises that are suitable for every fitness level.

## **SilverSneakers® Classic (Muscular Strength & Range of Movement)**

**(Beginner-Intermediate)\*\*\***

**Instructor:** Cindy Allen

**Tuesdays & Thursdays at 9:15am**

**Cost: Free for Everyone**

This class includes a variety of exercises designed to increase muscular strength, range of movement, and daily activity skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation.

## **SAIL (Stay Active & Independent for Life)\*\*\***

is a strength, balance and fitness program for adults 65 and older.

**Instructor:** Cindy Allen

**Monday, Wednesday, Friday @ 9:15 am**

**Cost: \$1.00 for Seniors & \$2.00 for Adults**

A strength and balance fitness class that includes moderate aerobic exercise, strength exercises with wrist and ankle weights, a scripted balance component, and stretching exercises. Exercises can be done seated or standing. SAIL features objective fitness testing for participants and resources that include several self-risk assessments and information to reduce their chance of falling.

## **Boot Camp with Kelli**

**Instructor:** Kelli Handley

**Tuesday/Thursday @ 4:40-5:20pm**

**Saturdays @ 9:00 am**

**\$49 for 4 Week Session (12 Classes) – NonMembers**

**\$36 for 4 Week Session (12 Classes) – Recreation Center Members**

Boot Camp is a month of intense workouts that can be adjusted to any fitness level or ability. Always differing from the one before it, each workout features exercises that use the walking track, step benches, free weights, medicine balls/balance balls, and resistance bands to create a full body workout and blast those calories to get you in shape. Each session will include a series of stretches and core conditioning to create a much better YOU than ever before.

For more information or to reserve your spot call Kelli Handley at 931-639-0809 or email at [smallsteps6@yahoo.com](mailto:smallsteps6@yahoo.com)

## **Tone & Burn! (High Intensity)**

**Instructor:** Desirae Biggs

**Cost: \$3**

Burn calories at different stations while having fun in a high energy class. Class changes from day to day to target all major muscle groups in a variety of ways. Weighted and body weight exercises to gain muscle and achieve cardiovascular endurance. Suited from beginners to full fledged fitness fanatics as YOU set the bar for how hard you want to push!

## **Basic Soul Line Dancing (Beginner to Intermediate)**

**Instructor:** Yvonne McChristian

**Fridays at 8:00am**

**Cost: \$1.00 for Seniors & \$2.00 for Adults**

## **Lionheart Dance Fitness®**

**Instructor:** Shemeka Turner

**Thursdays at 5:30p**

**Cost: \$3 per person**

Lionheart Dance Fitness is an athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat -- all while having FUN!

## **Turbo Kick/ Re-Fit**

**Instructor:** Lindsey Harris

**Tuesday/Thursday @ 8:00 am**

**Cost: \$3**

REFIT is a "movement+music" experience that adds resistance-training elements to give you a total-body workout. Approximately 600-800 calories are burned within a 1-hour class.

**Turbo Kick®** is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with **kickboxing**-specific strength/endurance training sequences and easy-to-follow combinations. **Class** ends with a mind/body-like (think Tai-Chi) cool-down.

## **Power Hour (High Intensity)**

**Instructor:** Tabby Stem

**Mondays at 5:15pm**

**Cost: \$3.00 per person**

This class is a hard hitting strength and conditioning workout. In this one hour block of work, all body parts will be addressed by using hand weights, body weight exercises, and plyometrics.

## **PE Fit 4 Homeschool – September 5- May 14, 2019**

**Thursdays at 1:00 pm** **Cost: \$3 per child / \$1 Rec Center Members**

Join us for our fun PE fitness class for home school students.

\*\*\* These classes are included in the Full Rec Center, SilverSneakers®, Prime®, and Silver & Fit® memberships.