

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.

Interval Burn with Kelli

Instructor: Kelli Handley

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

Saturdays @ 9:00 am

\$36 for 4 Week Session (12 Classes)

Interval Burn 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

DKP (Dance, Kick, Pump) (High Intensity)

Instructor: Tabby Stem

Tuesdays & Thursdays at 5:30pm

Cost: \$3.00 for everyone

If you like Zumba, you will LOVE DKP! This class is a hard hitting, heart pumping full hour of cardio and strength. In this Zumba style format, there is not only dance, but kickboxing, strength training, and plyometrics.

YOGA

Instructor: Mary Grace Phillips

Level: Beginner to advanced

Tuesdays & Thursdays @ 5:30pm and Saturdays (October-April) @ 10:15 am

Cost: \$3

Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

PE Fit 4 Homeschool – Sept. 8, 2022 – May 11, 2023

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

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

TAI CHI GUNG 101

Instructor: Terri Wilson

Level: Low impact/Beginner

Mon, Wed, Friday @ 6pm

Saturdays @ 7:45am

Cost: \$3

This class targets strength and flexibility with slow fluid movements that help circulation, balance & alignment.

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