

## **GROUP X DESCRIPTIONS**

### **Sanford Shock Group Ex**

Shock is a series of group exercise programs centered around increasing your metabolism in a short-burst style to get the most out of a 30 minute time frame! You will never get bored during this high intensity, low-impact class that emphasizes every aspect of exercise. Our instructors highlight low-impact conditioning, core training, flexibility, strength, mobility, plyometrics and anything else popular in fitness. Best of all it's FREE to all members! Classes run Mon-Fri at noon and 12:45 and extra class times can be added if staff is available. Get a group of 5 or more together and schedule your class today.

### **Evening Core and Burn Class**

Tuesday and Thursday nights Roxi takes her class through a wide variety of Yoga and Pilates themed movements! Join her for a structured core routine that is sure to enhance anyone's midsection! Roxi emphasizes core on Tuesday and total body blast on Thursday both at 5:15 p.m.

### **Spin class**

Join Roxi Thursdays at 4:45 for a 30 minute ride in the Multi-Purpose room. Enjoy energetic music and a challenging workout on our 7 spin bikes! (sign up at the front desk to reserve a slot).

### **Silver Sneakers: Stability**

Active older adults can join in on this low-impact class centered on motion. Remember, motion is medicine, and Thomas will work with each participant to make sure they are utilizing the proper equipment for their health status. We focus on mobility, flexibility, balance and proper postural exercises to maintain muscle tone, strength and balance! Check the schedule for class times!

### **Aquacize**

Jump in the pool and get your body moving with our morning Aquacize class! Sue leads a great class of aqua-enthusiasts through multiple different movements all designed to get the blood pumping and the muscles warm! This class meets Monday, Wednesday and Friday from 7:45-8:45 A.M. in the heated leisure pool!

### **Backbuilders**

Build strength and mobility in a safe manner in our heated leisure pool with awesome instruction from Janice! Get effective exercises to loosen up stiff muscles, build strength and feel better overall! Join class on Monday, Wednesday and Friday from 8:45-9:45 A.M.