

HEALTHY LIVING

STRATFORD Y – GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used.

Monday & Friday, 10:00AM

ACTIVE OLDER ADULT STRETCH AND STABILITY

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

Friday, 9:00AM

AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

Tuesday & Friday 8:30 AM & Wednesday 11:15AM

AQUA ZUMBA

A Zumba® “pool party” invigorating workout. Splash, stretch, twist, shout, laugh and holler! This class blends it all into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, exhilarating and fun!

Thursdays, 9:00AM

ARTHRITIS AQUATICS CLASS

Helps improve balance and posture with a variety of exercise for feet, legs, core and glutes, along with water walking routines. Range of motion exercise for every joint from head to toe to help with arthritis.

Monday, 11:15AM

CARDIO INTERVAL & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Wednesday, 10:00AM & Saturday, 7:30AM

CHAIR YOGA

Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.

Wednesday, 10:45AM

CIRCL Mobility

CIRCL Mobility™ will unlock your body’s potential through flexibility, breath work, and mobility exercises. Based on the cutting-edge science of functional movement, you’ll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.

Tuesday & Thursday 10:45AM

DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20- 30 min cardio with resistance training at the end in the pool.

Tuesday & Friday, 9:15am Wednesday, 12:15pm

KARDIO KICKBOXING

Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class

Monday, 4:00PM

MUSCLE, CORE & MORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

Friday, 11:00am & Sunday, 9:00am

PILATES POWER

Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance.

Wednesday, 9:00AM

TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels.

Thursday, 5:30PM

WATER FIT

Water Fit is moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water

Mondays, 8:30AM

YOGA

Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

Wednesday, 5:30PM, Saturday, 9:15AM

ZUMBA GOLD

Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.

Tuesday & Thursday, 10:00AM

ZUMBA TONING

Targeted body sculpting exercises and high energy cardio work combined with Latin infused Zumba moves create a calorie torching, strength training dance party. Using Zumba toning sticks or light weight dumbbells, you’ll work every muscle group.

Tuesday 9:00AM