



Group Fitness Class Descriptions

Gentle Yoga

Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.*All exercises and stretches are done seated or standing.

Tai Chi

This is a 45-minute class for those who have completed the Beginners Tai Chi program. This Tai Chi class focuses on the original Yang style Tai Chi forms, but is practiced in more complex exercises and is the second step in the Club GA Tai Chi Program.

StAbility

This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated and standing exercises using resistance bands and small fitness balls.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Circuit

High intensity intervals focusing on total body fitness. If you're looking to switch up your usual exercise routine for a fat burning session, then this class is for you!

Walking Club

If you enjoy walking, then this class is for you! Follow Leslie Sansone in a 20-30 minute video program that incorporates upper-body movements to increase calorie burn and walk your way fit!

Hatha Yoga

This is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop body awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, you will focus on balance, strength, and a sense of well-being during this hour long class.

ZUMBA

Get ready to party yourself into shape! This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU! This is a 45-minute workout. No prior dance experience necessary.

**Classes open to all Club GA members or \$7 for guests.*

**Questions? Contact Kayla Miller, Club GA Director of Wellness
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