



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. All fitness levels welcome.

Tai Chi

This is a 45-minute class for those who have completed the Beginners Tai Chi program. This Advanced Tai Chi class focuses on the original Tai Chi forms, but is practiced in more complex exercises and is the second step in the Club GA Tai Chi Program. *Beginners Tai Chi held Thursdays @9am

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 balance 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.

Line Dancing with Sherry

Burn calories while having fun! A great cardiovascular workout that can be modified for all fitness levels. No prior line dance experience necessary.

Exercise modifications available. Appropriate for all fitness levels.

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

**Questions? Contact Kayla Miller, Club GA Wellness
Director @ (763) 241-4434 or ClubGA@ga-er.org**