

MUSKEGO REGENCY

EXERCISE CLASS DESCRIPTIONS

Seated Full Body – Seated Full Body – This class can help alleviate the aches and pains of the aging body from head to toe. Leveraging multiple training types and methods, the content of class will change weekly to include a variety of movements from stretching, aerobics, strength, and balance. *Class duration: 30 minutes.*

Seated Kickboxing – Put up your dukes and work that core! Leverage boxing moves to increase upper body and torso strength while practicing the basic boxing moves: jab, cross, hook, upper cut, and leg kicks. *Class duration: 30 minutes.*

Balance – Seated and some standing (behind a chair) full body exercises to help increase muscle strength, balance, stability and fall prevention. Resting between movements included in class time. *Class duration: 30 minutes.*

Seated Dance – Elevate that heart rate and work up a little sweat to lively music. If you enjoy Seated full Body and would like a little more from your workout, this class is for you! *Class duration: 30 minutes. Instructor: Diane.*

Cardio Drumming – How it works: a large exercise ball resting in a bucket sits in front of you seated in a chair. Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior “drumming” experience required. *Class duration: 30 minutes. Seated or standing.*

Seated Yoga/Meditation – Light stretching, yoga movements and breathing techniques will be used to stretch the entire body and reduce mental tension. *Class duration: 30 minutes with breaks.*

Balance – Leverage seated or standing positions to challenge your balance and strengthen your supportive muscles. *Class duration: 30 - 45 minutes.*

Pop-In – Try something new! Seated OR standing options for kickboxing, dance, exercise balls or moving meditation. *Class duration: 15-20 minutes.*

- Kickboxing: Cardio workout using basic punching and kicking movement sequences (non-impact).
- Dance: Learn basic dance steps and short routine to music. Lift your mood and good for the balance!
- Exercise Balls: Sit on them! Roll them! Bounce them! Exercise balls are so fun you don't realize you are exercising!
- Moving Meditation: In Tai Chi style; slow, flowing movement. Great for balance!