



## The Palms Fitness Center Class Descriptions



**Ballroom Dancing** ~ Five week sessions learning to dance the tango, rumba, waltz, and more.

**Body Alive** ~ This class is structured to develop the athlete in everyone by combining active flexibility, core conditioning, corrective exercise for hips and shoulders, agility drills, and much more.

**Body Pumping** ~ A non-impact, high energy class utilizing resistance training to strengthen, tone and improve performance of all major muscle groups of the body. Warm up, cool down and stretching are also included.

**Boot Camp** ~ Get ready to start off your basic training! This low-impact, high-intensity program is designed for intermediate to advanced exercisers looking for a workout that's tough on the heart & challenges the muscles but is easy on the joints. This is a circuit-style workout, taking you through a series of cardio, strength and balance moves, each performed for about 1-2 minutes with little or no rest between exercises.

**Breathe, Stretch, and Relax** ~ Renew yourself as you work on total body flexibility, relaxation, and deep breathing.

**Cardio Ballroom** ~ Partner-free dance-based fitness class that brings you easy, fun dance moves from Cha-Cha-Cha, Disco, Jive, Merengue, Paso Doble, Quick Step, Salsa and Samba. This class will help you stay fit, learn to dance or just have a great time!

**Cardio Kickboxing** ~ This class is a total body workout combining basic martial arts and boxing techniques to high energy music in a group exercise format while enhancing balance, focus, agility, strength, coordination, confidence, and endurance.

**Foam Rolling** ~ It's like giving yourself a deep tissue massage! Come learn techniques using this amazing workout accessory to prevent injury, create more blood flow to the muscles, and increase flexibility all while reducing stiffness and soreness in your body.

**Hatha Yoga** ~ Slow paced, gentle postures, mostly on mat, synchronized with breath to increase flexibility, reduce stress, improve general wellbeing. Ends with guided relaxation. All Levels. 90 Minutes

**Gentle Chair Yoga** ~ Each session will include a variety of slow paced asanas, synchronized with proper breathing, to promote general well-being. A chair will be used for those that have difficulty getting up.

**Group Barbell** ~ Total body strengthening class set to upbeat music. The Group Barbell Class will strengthen your whole body by challenging all major muscle groups with dynamic, functional moves including squats, lunges, presses and curls utilizing the loaded barbell and plates.

**Pilates** ~ This class is about the art of controlled movements known as pilates. This class improves flexibility, builds strength, and develops control and endurance in the entire body.

**Step Class** ~ This class combines low-impact, high-intensity aerobics with steps.

**Tai Chi** ~ Incorporates breathing, posture, and slow movements to help improve balance and coordination.

**TRX Suspension Training** ~ Class will utilize leverage, gravity and body weight in order to deliver a total body resistance workout that can increase muscular endurance while improving core strength, functionality and physical performance.

**Yoga** ~ This class promotes balance, relaxation, flexibility, and strength through postures and breathing techniques.

**Yogabeat** ~ is a fusion of standing Yoga & Pilates movements performed in a rhythmic fashion to World music. Increases core strength & stability, improves balance & flexibility, improves muscular strength & endurance as well as posture, and relieves stress.

**Zumba**® ~ Zumba is a series of fitness programs specifically designed around Latin and International dance rhythms. Created to emphasize the basics, including Meringue, Salsa, Cha-Cha, Cumbia, Calypso and Rock and Roll. It's fun and great for the mind, body and soul.

**Zumba**® **Combo** ~ This class combines 30 minutes of Zumba with 30 minutes of Zumba Toning body-sculpting techniques. Zumba toning uses light weights and specific Zumba moves to enhance rhythm, build strength and tone target zones.

**Zumba**® **Step** ~ combines all the best aspects of a **Zumba**® class including dance and fitness moves with basic step variations for a fun & innovative approach to a traditional step class. This class is suitable even for those who have never participated in a step class before.

**Zumba**® **Toning** ~ This class blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use light weights to enhance rhythm, build strength and tone target zones.

### A Few Things to Remember

All residents must complete the required paperwork prior to utilizing the Fitness Center. To assure the safety and

enjoyment of all class participants, cell phone use during class is **STRICTLY PROHIBITED**. Please bring your own towel for use during class and wipe down all equipment after your workout. Thank you.



## The Riviera Spa and Fitness Center Class Descriptions



**Balance Training** ~ The ability to maintain your balance while performing everyday tasks can reduce the risk for falling and improve quality of life. This class will focus on the physical components of balance and mobility-- flexibility, posture, core stability, muscle strength, and stamina.

**Barre Class**~ This class is a challenging complete body workout based on yoga, Pilates and ballet movement, incorporating static and dynamic exercises using weights, balls, mats and the ballet barre for balance, stretching, flexibility and posture. All levels of fitness can participate in a Barre class.

**Total Body Toning Chair Exercise**~ This chair exercise class is gentle enough for residents with various medical concerns. It is a slow moving, total body workout.

**Body Alive** ~ This class is structured to develop the athlete in everyone by combining active flexibility, core conditioning, corrective exercise for hips and shoulders, agility drills, and much more.

**Body Sculpting** ~ This challenging class is devoted to developing muscular tone and strength from head to toe.

**Breathe, Stretch, and Relax** ~ Renew yourself as you work on total body flexibility, relaxation, and deep breathing.

**Drums Alive Chair Class** ~ This chair-based class combines aerobic exercise movements with the powerful beat and rhythms of drums using stability balls. Experience this European fitness phenomenon, and see how enjoyable exercise is.

**Express Total Body Sculpt** ~ Class will include a dynamic stretch and will jump into resistance alternating from upper, lower, and abs. You will use resistance tubes, bands, and dumbbells. This class is ideal for mobile participants.

**Gentle Joints** ~ This land-based class follows Arthritis Foundation guidelines. It is designed to minimize impact, improve flexibility, range of motion, decrease pain and stiffness around joints. This class is appropriate for individuals with various medical conditions and/or living with different types of arthritis. Exercises will be performed in a chair and some standing.

**Line Dancing** ~ This class is for residents that enjoy line-dancing movements in their workouts with a social atmosphere. It is offered in Beginner, Intermediate and Advanced options.

**Low-Impact Aerobics** ~ If you are looking to develop cardiovascular fitness, this class is for you! The low-impact moves are fun and inspiring for all levels.

**Muscle Conditioning** ~ Ten stationary routines using weights and music to strengthen and tone muscles. Ideal for beginners and exercise enthusiasts seeking a motivating, self-regulating workout. Expect high repetition lifts, adjustable weights, and muscle fatigue with active recovery periods.

**Relaxation Yoga** ~ In this class we use a combination of breath, movement, and sound to restore your general state of well-being.

**Yoga Flow** ~ [Vinyasa Flow Yoga] synchronizes the movements of the body through the yoga poses with the breath. Incorporating this breath synchronization helps maintain the proper pace of the series of poses, ensures that the heart rate stays consistent, and also helps to maintain a consistent body temperature.

**Tai Chi** ~ This class incorporates breathing, posture, and slow movements to help improve balance and coordination.

**TRX Suspension Training** ~ Class will utilize leverage, gravity and body weight in order to deliver a total body resistance workout that can increase muscular endurance while improving core strength, functionality and physical performance.

**Total Body Conditioning** ~ This class utilizes a variety of cardiovascular exercises and resistance equipment to tone the entire body.

**Zumba® Gold-Toning** ~ This chair based class offers the experience of a Zumba Fitness class with the benefits of strength training. Through lightweight resistance training set to exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. This chair based class is great for participants who need to be seated during all or part of their workouts.

**Aqua Fit** ~This high energy non-impact cardio is great for everyone, all fitness levels welcome. Designed to strengthen, tone, and burn body fat, you'll leave the class feeling refreshed and energized.

**Aqua Zumba®**~ Takes the **Zumba®** fun into the water by integrating the **Zumba®** dance class with traditional aqua fitness disciplines. **Aqua Zumba®** blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, fun!

**Joint Relief** ~ A beginner water exercise class that includes mild water range of motion exercises which focus on stretching and strengthening with minimal impact to the joints. This class follows guidelines established by the Arthritis Foundation.

**Splash and Tone** ~ This water class combines cardio intervals and resistance exercises that emphasize core stability, muscular strength, endurance, flexibility and range of motion. Suitable for all fitness levels; participants are able to exercise at their own comfort levels.

**Walk and Tone** ~ Improve your balance, core strength, and cardiovascular health.

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