

Piyo

Let our certified Piyo instructor show you how to combine Pilates with Yoga and other dance type moves to help ease stress and relax. This class will also work to improve your flexibility and strength while toning your overall body in one amazing class! No prior experience needed.

Senior Yoga:

This intermediate level class will focus on increasing your flexibility, balance, and make you aware of proper breathing techniques. It will focus on stretching a variety of muscles and also will challenge your balance. Class will be taught in both a standing and seated position.

Shape Up Toning

Join us for this no-rhythm-needed class that will work to sculpt and tone your muscles in a whole new way. This class will utilize your own body weight, Bosu balls, free weights, and more to get the most of your strength training workout. Let this class help rediscover some of those muscles that have been hiding for years!

Super Kids

“Super Kids Dare to be Healthy” is a program sponsored by the Adams Memorial Hospital, Parks and Recreation, Purdue Cooperative Extension of Adams County, and the Arthur & Gloria Muselman Wellness Pavilion. It addresses nutrition, physical activity and behavioral health. Children ages 6 – 12 years old can enjoy learning to make healthier lifestyle choices while interacting with their peers. This class will help adolescents make educated decisions when it comes to choosing snacks, lifestyle behaviors and exercise practices. Students compete amongst themselves to earn rewards such as movie tickets, skating passes, gift certificates and much more! For more information, stop by the Wellness Pavilion or call Colleen Culp at 260.724.2145 ext. 2256. Classes will meet twice a week and **are available for an additional charge for both members and non-members; scholarships are available!** Space is limited so sign your child up early!

Water Aerobics:

Join our excellent WSI certified instructors in the shallow end of the pool for a cardio and strength training class that is easy on the joints but big on calorie burning. NO swimming ability needed. Great for beginners and seasoned exercisers alike!

Water Toning / Core Class

Join one of our certified Water Safety Instructors for this shallow water toning class designed to use the water's resistance and buoyancy to effectively help tighten and tone those trouble spots, including core muscles of the abs and back! No Swimming Ability needed.

Water Walking

Leave your gym shoes in the closet and hit the pool for a walk in the water. Water supports your weight, reducing stress on joints and minimizing pain. It's also a great workout. Water provides 12 times the resistance of air; as you walk you're strengthening and building muscle mass. Join us in the pool for a fun workout!

******Classes are subject to change due to participation and levels of interest.***