

**Arthur & Gloria Muselman Wellness Pavilion**  
*“Changing Lives Now!”*

**Fitness Class Descriptions:**

**Fitness Classes are offered for members of the Arthur & Gloria Muselman Wellness Pavilion for no additional charge, unless stated otherwise.**

**Arthritis H<sub>2</sub>O:**

This gentle warm water class is designed for those with arthritic joints and aches and pains. No bouncing involved, we will take each joint through its complete ROM (Range of Motion) to increase flexibility and decrease pain to improve your quality of life by making daily activities easier. No swimming abilities needed.

**Boot Camp Circuit/Combo Fit**

This class pushes you to achieve no less than your best for 1 full minute; then allows for 30 seconds of rest as you switch stations throughout the circuit. Circuit is made up of both cardio and toning exercises with each station focusing on your core muscles. Modifications are available at each station so you can choose an effective level of intensity that suits your needs and goals.

**Cardio/Tone:**

FAT BURNER! Join us as we rev up your metabolism by combining easy to follow cardio routines combined with weight training intervals. Let us show you how to get the most from your workout as we work to increase your heart rate then take it down a notch for a little muscle sculpting.

**Core:**

Stop in for a shorter class that focuses on strengthening the entire core. We will use stability balls along with the best core exercises from many disciplines of fitness including Pilates, Yoga, and other weight training secrets. Boredom is out of the question. This is not your ordinary abs class!

**Latin Dance**

Need to relieve some stress after a long Monday? Come join our party! Let us help you rejuvenate your body and stimulate your mind so you can take on the rest of the week. Join our instructor as she shows you some of the best dance moves, guaranteed to increase your heart rate and help you relieve stress. Why not add a little excitement to your Mondays?

**Senior Weight Room Instruction**

Need some help finding your way around the gym and weight room? Let one of our Wellness Directors guide you through the weight room as we offer advice on gentle exercises that would be best for your body and mind. Our South Campus Wellness Directors will be here to assist you in any way, so take advantage today!

**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.

**Sofa to 5K**

Do you want to learn to jog? Has entering a race ever crossed your mind? By participating in this class, you can gain the encouragement and motivation to become a jogger and even build your stamina high enough to complete a 5K. This class alternates walking with jogging in intervals attainable for a beginner. Come enjoy this class and make jogging fun while attaining a new goal!

### **Swim With Coach**

Do you know how to swim but could use a little guidance on your technique? Come join Marie Nussbaum as she assists you in learning or improving your butterfly, backstroke, breaststroke, or freestyle. She will also assist you in learning proper breathing techniques and flip turns so that your workout is more efficient. The pool will be closed to all other members during this time so take advantage of the private pool while you can!

### **Swim Lessons**

Let our certified WSI instructors teach your child how to swim in our indoor, warm-water pool. Our instructors will use the same techniques used by the American Red Cross Association to help your child learn how to get accustomed to the water while having a great time splashing and learning how to swim. Times and days will vary so please see the Swim Lesson Schedule for more info. **ADDITIONAL CHARGES WILL APPLY FOR BOTH MEMBERS AND NON-MEMBERS!**

- Member Charge = \$20 per child
- Non-Member Charge = \$40 per child

### **Step Aerobics:**

This class combines high and low impact aerobic segments on a step that brings an action-packed workout of traditional aerobic moves. This class will include strength training and core exercises at the end.

### **Water Aerobics:**

Join our team of 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:**

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 your muscles. This total body workout will help you strengthen your body in the gentlest way. 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!

### **Yogalates**

Let us 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.

### **Zumba**

Come join our party as we dance our way to fitness! No dancing abilities needed. Just come, show up, and follow our lead! Our certified instructors will take you through the world of Zumba as we guarantee you a great workout. Join us – we promise you will have a blast!

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