



The Vitality Program is geared to participants who find the regular aerobics program too strenuous.

We offer classes that will improve cardiovascular fitness, strength, muscular endurance, balance and coordination. Many options are provided for those with medical conditions (e.g.) arthritis, osteoporosis, diabetes, high blood pressure. Regular physical activity enhances overall health and enables us to enjoy our Activities of Daily Living. Our Certified Instructors who specialize in older adult fitness, will put you through your paces in a safe, welcoming environment that is geared to your needs.

If you have not been physically active on a regular basis, please consult your physician before participating in any physical activity. No classes Monday, April 9th (Easter Monday), Friday, April 6th (Good Friday).

Please see page 5 for Detailed Registration Information

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 -10:00 am			Mid tempo		
10:30 -11:30 am	Low & Stretch	Strength & Tone	Zumba Gold	Low Interval	Variety Friday

VITALITY CLASS DESCRIPTIONS

Low & Stretch

This class will combine a variety of activities to enhance cardiovascular fitness, strength followed by relaxing stretch component.

Strength & Tone

The emphasis of this class is on muscular strength. Resistance equipment will be used to increase your functional strength so that you are able to enjoy and participate in your activities of daily living. Throughout the class there will be a focus on specific exercises to strengthen the core muscles.

Low Interval

This class will inject segments of active muscle conditioning with low impact movements.

Variety Friday

This class offers something different every week. There will be a low impact cardio vascular component and your instructor will use a variety of equipment each week.

Zumba Gold

Join us for the latest fitness craze! This is a cardiovascular workout combining Latino music with fun, easy to follow dance moves. The class is taught at a moderate, progressive pace!

Mid Tempo

This class is open to Vitality and Group Fitness Members. The music tempo is slightly more rapid than the Vitality Program for those who like to add more intensity.

