19 Low Impact Fitness Classes

Low Impact Classes

These classes are designed for people looking to stay active and improve balance, strength and vitality. In low-impact classes you'll do all types of exercises but at a slower pace and in a way that is gentler on the joints. Modifications of exercises will be given to meet the needs of nearly everybody.

Senior Fitness

Designed for the active older adult that includes a warm-up, low impact aerobics, muscular conditioning, core strengthening and focuses on increasing flexibility, joint mobility, balance and coordination. Bring sneakers and water bottle. Weights, exertubes, dynabands, 10" play balls and mats optional. **Open to Residents Only.**

Low Impact Gentle Pilates

Like our mixed-level Pilates classes, exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. A great option for new-comers to Pilates or anyone who wants to move, but needs to tone it down a bit. Must be able to get up and down off the floor. Bring mat and water to class.

Low Impact Cardio-Strength

This class has all the benefits of our regular strength class (increased muscle tone, feel stronger and longer, increased balance and maintain joint mobility and range of motion), but it's a little gentler on the body and joints. Plus, we add a cardio component. Good option for anyone active and aging, post-surgery (and cleared for movement), trying to maintain mobility with arthritis and working to maintain bone density. We want to keep you moving long term. Bring a mat, water and 2-5 lbs. hand weights to class.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	Riverfront Community Center	Mon, Wed, Fri 8:45-9:45 a.m.	Winter	Jan. 4-March 31	$65	307027-DA
			Spring	April 17-June 28	$54	407027-AA
		Mon, Wed, Fri 9:55-10:55 a.m.	Winter	Jan. 4-March 31	$65	307027-DD
			Spring	April 17-June 28	$54	407027-AB
		Mon, Wed, Fri 11:05-12:05 p.m.	Winter	Jan. 4-March 31	$65	307027-DE
			Spring	April 17-June 28	$54	407027-AC
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room	Monday 1:30-2:15 p.m.	Winter	Jan. 9-March 27	$55	307030-GP
			Spring	April 17-June 12	$44	407030-GP
		Thursdays 1:30-2:15 p.m.	Winter	Jan. 12-March 30	$66	307030-GT
			Spring	April 20-June 15	$55	407030-GT
Low Impact Cardio-Strength (Personal Euphoria)	Academy Multi Purpose Room #2	Monday 12:45-1:30 p.m.	Winter	Jan. 9-March 27	$55	307030-CM
			Spring	April 17-June 12	$44	407030-CM
		Wednesday 10:15-11:00 a.m.	Winter	Jan. 11-March 29	$66	307030-CS
			Spring	April 19-June 14	$50	407030-CS
		Friday 10:45-11:30 a.m.	Winter	Jan. 13-March 31	$66	307030-CF
			Spring	April 21-June 16	$50	407030-CF
No Classes on Town Holidays 1/16, 2/20, 4/14 and 5/29; Senior Fitness no Class on 6/2 Class Open to Residents and Non-Residents with the Exception of Senior Fitness (Non-Resident Registration Begins 12/29/16)						

20 Adult Fitness Programs

Morning Mat Pilates

Designed to develop a strong core while maintaining loose, limber limbs, exercises provide variations to meet the needs of different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

Advanced Pilates

Perfect for those who have taken Pilates and know basic exercises. Minimal explanation will be given. Class will move at a faster pace while adding more challenging exercises. Few modifications will be given.

Pilates Clinic

Appropriate for those that have taken Pilates and are interested in honing their skills and form. Sign up for a 25-minute, small group, hands-on workshop with Maggie to go over specific exercises and some of the more challenging Pilates principles so that you can get even more out of your regular class. Note: You must be currently enrolled a Pilates classes. Please bring a mat and any props you normally bring to class.

Pilates Plus Strength

Work arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the entire body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels. Bring a mat, water, and comfortable clothes.

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. Work on balancing while using a flexband and your own body weight. Improve your range of motion, posture and balance, while increasing flexibility. Bring yoga mat and water.

Interval Training

Increase your endurance and aerobic capacity in just two days of training in this high intensity class. Focus on endurance, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, class may not be suitable for those with certain knee or ankle injuries. Bring a mat, towel, free weights and jump rope.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Winter	Jan. 10-March 28	$76	307201-AA
			Spring	April 18-June 13	$57	407201-AA
		Tuesday 9:30-10:30 a.m.	Winter	Jan. 10-March 28	$76	307201-AB
			Spring	April 18-June 13	$57	407201-AB
		Thursday 8:30-9:30 a.m.	Winter	Jan. 12-March 30	$76	307201-BB
			Spring	April 20-June 15	$50	407201-BB
		Thursday 9:30-10:30 a.m.	Winter	Jan. 12-March 30	$76	307201-BC
			Spring	April 20-June 15	$50	407201-BC
Advanced Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 10:45-11:30 a.m.	Winter	Jan. 10-March 28	$76	307201-A1
			Spring	April 18-June 13	$57	407201-A1
Pilates Clinic (Personal Euphoria)	Academy Multi Purpose Room #1	Friday 9:00-11:00 a.m. (25 Minute Block)	Winter	February 10	$15	307200-FA
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Winter	Jan. 10-March 28	$66	307202-W1
			Spring	April 18-June 13	$50	407202-S1
		Thursday 6:45-7:30 p.m.	Winter	Jan. 12-March 30	$66	307202-W2
			Spring	April 20-June 15	$50	407202-S2
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:45-10:30 a.m.	Winter	Jan. 13-March 31	$66	307207-W1
			Spring	April 21-June 16	$50	407207-S1
Interval Training (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 9:30-10:15 a.m.	Winter	Jan. 11-March 29	$66	307204-W1
			Spring	April 19-June 14	$50	407204-S1
	RCC Exercise Room	Tuesday 5:15-6:00 p.m.	Winter	Jan. 10-Feb. 28	$45	307204-TP

No Classes on Town Holidays 1/16, 2/20, 4/14 and 5/29
Class Open to Residents and Non-Residents (Non-Resident Registration Begins 12/29/16)

21 Adult Fitness Programs

Hatha Yoga Evening

For both the beginner and more advanced students. Regardless of your physical condition, experience your body like never before. Please bring a rug or mat to class. New 8 week Spring session.

Morning Yoga/Stretching

Regardless of your physical condition, experience your body like never before with this stretching & breathing routine. Bring a rug or mat. All levels welcome.

Yoga

Unwind and recharge your batteries as your surrender into yoga poses that will stretch your hips, hamstrings and more. Strengthen your core, improve your balance and enjoy quiet time on your mat. Breathing and meditation exercises will be a focus during the class. Please bring a mat and a water bottle.

Hot Bodies Cool Minds

A fusion of yoga, Pilates, body-weight and balance exercises to challenge the core and reshape the entire body! Class begins with a mini mediation and some breath work, then progresses into exercises to target your core, glutes and legs. Bring a yoga mat, water bottle and plan on being barefoot. Mixed Level Class.

Total Barre

A fusion of Pilates, dance and functional training that will lift, tone, sculpt, define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (or chairs) and small isometric, concentrated movements to create lean muscles. Each class includes an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! Please bring water, a mat, and 1-2 pound hand weights.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room (Mon & Wed)	Mon & Wed 6:00-7:20 p.m.	Winter-1	Jan. 9-Feb. 22	$69	307001-A
			Winter-2	March 6-April 5	$58	307001-BB
	Academy Cafeteria (Tues)	Tuesday 6:00-7:20 p.m.	Winter-1	Jan. 10-Feb. 14	$39	307001-AA
			Winter-2	March 7-April 4	$33	307001-CC
		Mon & Wed 6:00-7:20 p.m.	Spring	April 17-June 12	$92	407001-MW
		Tuesday 6:00-7:20 p.m.	Spring	April 18-June 6	$52	407001-TU
Morning Yoga/ Stretching (Sheila Frankel)	Riverfront Community Center	Wednesday 9:30-10:30 a.m.	Winter	Jan. 11-March 29	$45	307026-AA
			Spring	April 19-June 7	$36	407026-AA
	Academy Multi Purpose Room	Thursday 10:45-11:45 a.m.	Winter	Jan. 12-March 30	$45	307026-BB
			Spring	April 20-June 8	$36	407026-BB
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday 9:30-10:15 a.m.	Winter	Jan. 10-Feb. 28	$45	307211-TA
	Riverfront Community Center	Thursday 6:00-7:15 p.m.	Winter	Jan. 12-Feb. 23	$59	307211-TP
Hot Bodies Cool Minds (Personal Euphoria)	RCC Activity Room	Tuesday 6:05-6:50 p.m.	Winter	Jan. 10-Feb. 28	$45	307208-TP
Total Barre (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:45-10:30 a.m.	Winter	Jan. 9-March 27	$55	307203-WM
			Spring	April 17-June 12	$44	407203-S1
		Wednesday 8:30-9:15 a.m.	Winter	Jan. 11-March 29	$66	307203-WW
			Spring	April 19-June 14	$50	407203-S3
		Thursday 6:00-6:45 p.m.	Winter	Jan. 12-March 30	$66	307203-T1
			Spring	April 20-June 15	$50	407203-TS
Lunchtime Total Barre (Personal Euphoria)	Academy Multi Purpose Room	Monday 12:00-12:45 p.m.	Winter	Jan. 9-March 27	$55	307203-ML
			Spring	April 17-June 12	$44	407203-ML

No Classes on Town Holidays 1/16, 2/20, 4/14 and 5/29
Class Open to Residents and Non-Residents (Non-Resident Registration Begins 12/29/16)

22 Adult Fitness Programs

Zumba

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fi tness system! Routines feature aerobic and fi tness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow.

Cardio, Core and More

Burn calories, strengthen and tone your muscles, and challenge your core all this and more when you try Cardio, Core, and More class! This heart pumping full body strength training class will firm your muscles while strengthening your core. Activities include interval training, floor/core exercises, Hi-Lo aerobics, while using hand weights, resistance tubes and bands, and stability balls. Modifications are provided as needed for this energizing work-out! Bring a mat, water, hand weights, and appropriate footwear (stability ball optional).

Strength Training

A complete workout that will help sculpt, strengthen and reshape your body. We won't skip the core- you'll work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor easily. Bring a yoga mat and free weights.

Cardio Kickboxing

An introductory class to kickboxing that features a total body workout utilizing martial arts techniques such as kicks and punches at an upbeat pace to get your heart pumping. Have fun while toning muscles and increasing balance and coordination. Wear sneakers, bring mat and water.

Boxing for Fitness

A total body workout that includes boxing combinations to improve your aerobic capacity and muscular strength. This non-contact workout is intense and can be modified for your fitness level. The workout includes two to three-minute rounds with a recovery period. The explosive plyometrics moves will improve your speed, endurance, and agility. Suggested equipment: a pair of weights, boxing gloves, wraps, exertube, bands, and a mat. Don't forget your water to keep hydrated.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Zumba (Eliza's Energy Source)	Academy Multi Purpose Room #2	Mon & Wed 6:00-7:00 p.m.	Winter-1	Jan. 11-Feb.15	$63	307209-CC
			Winter-2	March 6-April 5	$63	307209-DD
			Spring	April 17-June 12	$100	407209-SM
Cardio, Core and More (Eliza's Energy Source)	Eastbury School Gym	Mon, Wed 6:00-7:00 p.m.	Winter	Jan. 9-March 29	$119	307104-W1
			Spring	April 17-June 12	$88	407104-S1
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Winter	Jan. 9-March 27	$55	307206-MA
			Spring	April 17-June 12	$44	407206-MA
		Tuesday 6:45-7:30 p.m.	Winter	Jan. 10-March 28	$66	307206-TP
			Spring	April 18-June 13	$50	407206-TP
		Friday 9:00-9:45 a.m.	Winter	Jan. 13-March 31	$66	307206-W1
			Spring	April 21-June 16	$50	407206-S1
Lunchtime Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 12:00-12:45 p.m.	Winter	Jan. 11-Feb. 22	$40	307206-L1
Cardio Kickboxing (Personal Euphoria)	Academy Multi Purpose Room #2	Thursday 5:15-6:00 p.m.	Winter	Jan. 12-March 30	$66	307213-TP
			Spring	April 20-June15	$50	407213-TP
Boxing for Fitness (Eliza's Energy Source)	RCC Exercise Room	Tuesday 6:00-7:00 p.m.	Winter	March 7-April 4	$39	307105-TP
			Spring	April 18-June 6	$65	407105-TP
No Classes on Town Holidays 1/16, 2/20, 4/14 and 5/29 Class Open to Residents and Non-Residents (Non-Resident Registration Begins 12/29/16)						