

Core Works - This 45 minute class will target and work through each muscle group. Your core ranges from your shoulders to your knees, and this class will hit every muscle in-between. We will utilize equipment to add resistance and to give those muscles a harder workout. The goal of the class is to increase your overall strength and balance. ***Warning: hair may get wet as we will be working in all different positions in the water.***

Full Body Stretch - This half hour class stretches everything from your neck to your toes. This class allows you to lengthen, expand and restore your muscles.

High- Energy Friday Aerobics - This half hour class breaks up all routines! Class will range from circuits, to relays, to games, to exercise balls and more. Every week will be different and fun!

Healthy Joints and Balance - This low impact class is designed for people with arthritis or joint discomfort, while using the water for therapeutic exercise. The exercises include water walking, range of motion, low impact aerobics and light muscle strengthening. Because of the properties of water many of the exercises that are difficult to achieve on land can be achieved during this water class! Enjoy socializing while exercising and working on balance.

Water Works - This class is an intense, fun aerobics class focused sound improving your cardiovascular endurance. This is a great class to burn calories at your own pace. Muscular strengthening, stretching and a balance component are incorporated in this class. Equipment is utilized to add a new dimension of intensity and fun!

****NO SWIMMING IS REQUIRED OF ANY OF THE ABOVE CLASSES.****

Balance Class – The focus of this class is on balance. The class is for those individuals who are able to support their own body weight in an upright position and have decreased balance. Exercises include a variety of standing activities, stretches and strengthening activities. All exercises can be performed while sitting and holding onto the back of a chair.

Balance II – An advanced balance class for the actively mobile who is looking for extra balance work. The class works with obstacle courses, gait training and balance exercises.

Cumberland Balance Class – This one half hour class is specifically for the Cumberland Residents. We work on flexibility, balance and strengthening the lower body.

Cue for You – Class designed for persons with Parkinson's disease, affected by Stroke and/or Dementia that need additional cuing during exercise.

Low-Impact Aerobics – This low-impact aerobics class will increase your endurance, stamina and flexibility. The first 15 minutes are mat work & stretching.

Tai Chi- The focus in this class is for controlled exercise that works on your balance and endurance. This resident led class is 45 minutes long. Questions???? Please contact Suzanne Stevens.

YMCA Strength Training – Instructors from the Kennett Area YMCA come to Kendal three times per week to offer this overall exercise class. The class consists of strengthening exercises for every muscle group of the body. All exercises in this class can be done standing or seated in a chair.

Yoga – This specialty class is offered by an outside instructor. There are fees for this class. Please contact Suzanne Stevens.