

# Class Descriptions

**Aqua Fit & Cardio/Aqua Core:** A great workout featuring cardio and strength exercises in our shallow-water pool. Exercises are designed to improve cardiovascular health, muscular strength, flexibility, and balance. Core Classes are designed for more strength training. These classes welcome both swimmers and non-swimmers. Advanced Cardio Core is the most advanced water program at Crosslands.

**Cardio Gold:** A fun twist on traditional aerobics that provides the same cardiovascular benefit. Classes will feature easy to follow choreography based on the principles of Hi/Lo Group Fitness. In addition to fun dance-based movements, music will be themed from a genre or decade easily recognizable by participants.

**Healthy Joints:** Specially designed for individuals with arthritis or joint discomfort, this class utilizes therapeutic benefits of water exercise. Exercises include water walking, range of motion activities, and light strength training. Because of the properties of water, many exercises that are difficult to perform on land can be achieved throughout this aquatic exercise session. Enjoy socialization, while exercising and improving balance.

**Fit While You Sit:** Created specifically for individuals in the Personal Care units of the Kendal~Crosslands Communities, this class features seated exercises that are appropriate for all ability and mobility levels. The class focuses on strength and flexibility. While seated, participants will strengthen the muscles of the core and complete functional movement patterns designed to help them move safely throughout the day.

**Functional Balance:** Everyone needs to work on their balance, right? This class focuses on strengthening muscles commonly used for balance, including abdominals, low back, hips, ankles, and more. This class is appropriate for Independent and Assisted Living residents based on their comfort and mobility.

**Water Walking:** Did you know that 15 minutes of water walking is equivalent to 45 minutes of land walking. In this 30 minute class, we will walk in a variety of different ways to improve overall endurance.

**Advanced Balance:** This is an advanced class for the actively mobile residents who are looking for extra balance work. The class utilizes obstacle courses, gait training, and balance exercises.

**Yoga:** Yoga is the best way to receive the benefits of a yoga practice in a manner that is safe and gentle. Using the chair as support, students will learn breathing techniques, along with gentle stretches and poses. Classes are designed to improve flexibility, mobility, strength, concentration, and relaxation.

**Zumba:** A dance class alive with Latin rhythms. This class will provide the benefits of cardiovascular exercise with an extra dose of FUN!

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