



HEALTH & FITNESS CENTER PROGRAM DESCRIPTIONS

SPRING/SUMMER 2017

Daytime/Evening Aquacise – Improve cardiovascular endurance, muscular strength, aids relaxation and stress reduction. Aquacise provides a great workout with minimum stress to body joints. Swim skills are not necessary.

Daytime/Evening Water Walking – Water walking provides a good workout that is easy on the body joints. Thirty minutes of water walking is equal to two hours of walking on land. This class utilizes both the shallow and deep end of the pool.

Silver Sneaker Splash Class – For individuals suffering from arthritis or other debilitating conditions that can be helped by mild exercise in the water.

Aqua Fit - Jump right into our aqua fit class and build cardiovascular fitness and strength. Our water aerobics class is easy on your joints, yet challenging enough to help you reach new levels of fitness. This class is suitable for every age and fitness level, from beginning exercisers through elite athletes.

Silver Classic – Level 1 – Have fun and move to the music through a variety of exercises designed to increase muscular strength. Hand held weights, elastic tubing w/handles, and a ball is alternated with low impact aerobic choreography. Chairs are available if needed for support.

Silver Circuit - Level 2 – Combine fun with fitness to increase your cardiovascular and muscular power with a standing circuit workout. Hand held weights, elastic tubing w/handles, and a ball is alternated with low impact aerobic choreography. Chairs are available if needed for support.

Silver Cardio Boost – Boost combines 3 different types of workouts in one. Muscle, Cardio, and Pilates/Yoga. Fused together they will improve cardio endurance, muscle tone, and strength. Finish this off with a combined Pilates/Yoga to relax the body and mind with peaceful music.

Silver Yoga – This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

Egyptian Yoga – A healing and regenerative ancient yoga system that uses progressive postures and meditation to create alignment of the spinal column in order to relieve stress and increase blood circulation, nutrient and oxygen supply to the vital body systems.

HIIT Class – High Intensity Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Full Body Fitness – Strength training and cardio fitness for men and women of all ages and fitness levels. Customized full body workouts each week. Builds muscle while burning body fat.

Pilates/Yoga - A system of physical conditioning offering a full body tone involving low-impact exercises and stretches designed to strengthen, increase flexibility & stability while encompassing the mindfulness benefits of Vinyasa Flow Yoga in which the poses are synchronized with movement focusing on breathing, balance, and strength.

VISIT US AT WWW.NYCC.EDU OR CALL 568-3254 TO REGISTER OR FOR MORE INFORMATION.