

## **FUMCT Wellness EXERCISE CLASS DESCRIPTIONS**

All fitness levels are welcome! Senior Fitness is a 50-minute class, and all other classes are 60 minutes. Please wear athletic shoes to all classes, except yoga. Bring a mat for yoga and classes with toning/stretching. All classes are in the CAC (Church Activity Center)

**SENIOR FITNESS** - Mild /Moderate total body workout geared for older adults. Warm-up, low impact cardio, resistance training using dumbbells, tubing, and balls, cool down, and stretching. Chairs are used for seated exercises and to aid balance in standing exercises. Classes focus on improving strength, stamina, flexibility, balance, and coordination to help maintain active lifestyles, prevent bone loss, and protect overall health. 50 min. class

**AEROBICS WORKOUT** – 80% cardio class (high or low impact) with 10 – 15 minutes of sculpting, toning, and stretching.

**CARDIO SCULPT** - Warm-up, intense cardio segment, alternating intervals of cardio and strength training (usually 3 minutes/1.5 minutes), core work, and stretching.

**HIIT – High Intensity Interval Training** – Warm-up, then short intervals of high intensity bootcamp type exercises and rest (20 seconds/10 seconds or 60 seconds/30 seconds). Followed by upper body and core conditioning and stretching.

**STEP & SCULPT** – Intervals of STEP aerobics and muscle conditioning using body bars, dumbbells, balls, and tubing.

**TBC** – Total Body Conditioning - a high energy strength training class that works all major muscle groups using body bars, dumbbells, tubing, and yoga balls. Ends with thorough stretching.

**YOGA** – Exercise for your body, mind, and spirit with emphasis on practicing yoga asanas (postures), yoga breathing, and meditative relaxation. Many modifications are offered for all levels of fitness.

**CHAIR YOGA** – Yoga without a mat. Poses are done sitting or standing next to a chair.

**SPIRIT YOGA** – Special WNA yoga class with devotional component that emphasizes connecting to God through Silence, Presence, Intention, Reflection, Integrity, and Thanksgiving.

**PILATES** – Toning exercises to strengthen and stretch the core muscles to create a balanced body.

**20/20/20** – Instructor chooses the format for three 20-minute segments. For example – Step/Sculpt/Yoga or High/Low/HIIT/TBC.