

LAND CLASSES >>>>>>>



Chair Volleyball

A resident-sponsored game of teams volleying a beach ball over a net.

Chair Yoga

This class welcomes all physical levels in a safe, calm and positive environment. This class utilizes a chair for the seated poses and adds support for the optional standing poses. It includes breathing techniques, gentle stretching and relaxation. It will help improve flexibility, strength, balance and overall improved physical and mental health.

Dance Aerobics

Easy to do movement patterns to music. Each piece of music contains repeated sequences intended to increase overall fitness, agility, aerobic capacity and fun. Individuals must be able to ambulate independently for 35 minutes.

Mindful Living

Mindfulness is the practice of learning to pay attention in the moment you are in. Mindful practices exercise the brain and help to create new pathways for learning. Classes are structured with guided breathing for relaxation, a short mindful topic, and a guided meditation or reading.

Senior Pilates Floor Class

This floor class trains deep supporting muscles (core stability) to improve posture, coordination, and flexibility. Mat provided.

Standing Balance

This class works on foot articulation, ankle strength, alignment and weight shift for increased strength of gait. This class requires time standing.

Strengthening

This 35-minute class is appropriate for all ability levels and utilizes weights, balls, and fitness bands to gain upper and lower body strength. Fitness bands are not provided and can be purchased for \$2 at the VWAC front desk.

T'ai Chi'

This class teaches the T'ai Chi' Eight Pieces of Brocade warm-ups for increased balance, strength, and focus. It will present the first 15 movements (First Circle) of this 108-movement form. A starter class to flow into the Advanced class. (Note: This is a different form than YANG and will not satisfy that style.)

WATER CLASSES >>>>>>>



Deep Water Exercise

This takes place at the deep end of the pool. The ability to hold the body upright using a water belt or noodle is required. Specific exercises are used in rotation using interval training for cardiovascular and strength development. Strong core and body alignment are emphasized.

Water Aerobics

A variety of quick-moving exercises in sequence designed to increase cardiovascular health, muscle strength, and core strength. This is a moderate to high level of activity.

Water Arthritis

Gain increased joint mobility, strength and posture through walking and standing exercises. No resistance devices used.

Water Balance

Walking exercises designed to increase arch, ankle, hip, and core posture strength to improve weight shift, alignment and gait.

Water Barre

This invigorating workout begins with gentle stretches as a warm-up and then dives deeper into core strengthening exercises to leave you feeling strong, stable, and balanced. This class is appropriate for all levels of fitness.

Water Fitness

A class consisting of walking for joint mobility, water weight work for upper body strength, aerobics for leg and cardiovascular strength, and stretching for flexibility. Resistance devices are used. This class is a high level of activity.

DETAILS: All classes are held at the Veale Wellness & Aquatic Center therapy pool. Bathing suits or t-shirt and shorts are appropriate wear for the pool. Water shoes are suggested for the locker room and are optional in the pool. Showers and lockers are available. Bring your own toiletries, towel, and lock.