

Harcum Center Class Descriptions

Pool Classes:

- **Arthritis Aquatics**: Designed for maintaining and/or improving range-of-motion, strength, and flexibility. Exercises encompass the entire body and have been approved through the Arthritis Foundation and the Aquatic Exercise Association.
- **Arthritis Friendly Weight Training**: Strength training designed to help prevent muscle deterioration that occurs with age.
- **Fun Aqua Aerobics**: Total body strengthening with fun cardio aerobic exercise.
- **High Intensity Aerobics Aquatics**: An aerobic water class where you are given high intensity options, but you can go at your own pace to fun music. This is an energetic class that will boost metabolism and build cardio endurance to generate weight loss.
- **Aerobic Pool Party**: Come join the party! This musical theme class will get your body moving by matching aerobic movements to the theme. Perfect for any level, go at your own pace! There will also be a prize for the first to guess the theme of the week!
- **Aqua Groove**: Build cardio fitness, core strength, and balance while enjoying a fun water workout with a variety of choreographed dance moves to lively music.

Land Classes:

- **Pickleball**: Get your heartrate up, improve heart health, and have more energy with this friendly group game. This activity also improved mental health by promoting social interaction and reducing anxiety symptoms and stress levels.
- **Move & Groove**: This class features easy-to-follow dance movements paired with up-beat music to improve cardiovascular fitness.
- **Strength & Balance**: This class uses weights, bands, and an exercise ball to get a full body strength workout and the exercises can be standing and/or sitting in a chair. The class also incorporates balance moves to improve body stability and light cardio to improve cardiovascular health.
- **Zumba® Gold**: Zumba® modified for a lower-intensity level with the same Zumba® moves. Easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Benefits cardiovascular fitness, muscular conditioning, flexibility, and balance! This class can be done sitting or standing.
- **Equipment Orientation**: Learn how our strength and cardio machines work to help you get the most out of your Harcum experience!
- **Pickleball Orientation**: Learn how to play pickleball and meet potential partners!

Yoga Classes:

- **Chair Yoga**: A practice using a chair for seated poses and the chair as balance point for standing poses. Breathe work and yoga postures will be combined to stretch the body and relax the mind.
- **Gentle Flow Yoga**: Create strength and stability by syncing breath and movement. This class is great for all levels but will concentrate on the beginner/intermediate yoga student. Longer holds on stretches will be done to increase flexibility and renew the body.

Resident Classes:

- **Feeling Fit 1:** Strength and Balance Training Class designed especially for Seniors to maintain Strength and Balance for life. Some exercises will be done seated and some standing. We use light hand weights and resistance bands for our strength training segment.
- **Feeling Fit 2:** Learn how to use weight training machines and achieve your strength training goals under the supervision of Certified Personal Trainer, Debbie Dalton.
- **Adaptive Feeling Fit:** Gentle strength training exercises designed to increase cardiovascular, muscle, and bone strength performed in a chair. We use light hand weights for our strength training segment.
- **Balance Training:** We build confidence in balancing by strengthening key muscles in our legs and core. We put those muscles to use by doing simple standing exercises to build our balance skills.

Workshops (Extra Cost):

- **Delay The Disease:** An evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease.
- **Strength & Cardio+:** Take your Strength & Balance training to the next level. A class designed to help you continuously progress in your training routine with each class offering something different and new.
- **Pilates:** A full body exercise routine that gives a good balance of strength and flexibility. Also help with your aches, pains, and recovering from injury.
- **Stability Ball Class:** A gentle class that will use both yoga and a stability ball for strength and deep stretching. Modifications and variations will be given to help you build your comfort and confidence in using the stability ball. A portion of the class will also be dedicated to core building exercises.