

# 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.
- **Everybody's Weight Loss Aquatics**: An aerobic water class where you can go at your own pace to fun music. Low to high intensity options are given for your workout. This is an energetic class that will boost metabolism and build cardio endurance to generate weight loss.
- **Fun Aqua Aerobics**: Total body strengthening with fun cardio aerobic exercise.
- **High Intensity Aerobic 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.

## Land Classes:

- **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!

## 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 breathe 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.
- **Gentle Mat Yoga**: This class focuses on syncing breath with the movement to create a very relaxed, more flexible mind and body. This class is very appropriate for the very beginning yoga student as well as for the more experienced yogi desiring a very calming class.
- **Medium Flow Yoga**: This class will help the yoga student to maintain awareness and focus on the breath while moving through a series of postures meant to challenge the body and mind.

### **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.
- **Corn Hole:** The classic party game where you toss a bean bag with the goal of landing on the score board. Helps to improve cognitive abilities, balance, and mobility.
- **Volleyball:** Chair Volleyball with a beachball is fun for all ages. This is a great exercise too, promoting cognitive and mobility skills.

### **Workshops (Extra Cost):**

- **Boot Camp:** Strength training, cardio training, and stretching exercises that change with each session. Learn a variety of routines that you can later do on your own.
- **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.
- **Tai Chi:** This class is for slow and gentle movements that focuses on balance, breathing, and strength. Chair or standing.
- **Fall-Proof Balance:** This comprehensive balance class focuses on postural stability, mobility, multi-sensory, and balance impairments. All levels are welcome.
- **Reiki and Restorative Yoga:** Guided relaxation while in gentle stretching positions. It targets the deep connective tissues and the fascia. You will experience deep relaxation and long, gentle stretches with the use of props, guided imagery, aromatherapy, and hands-on relaxation assists offered by the instructor.
- **Foam Rolling:** This technique focuses on reducing pain or the discomfort that comes from myofascial tissue - the tough, but thin membranes that cover and surround your muscles.