



HEALTH & FITNESS CENTER PROGRAM DESCRIPTIONS

FALL 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.

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.

Tai Chi - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

American Red Cross Swim Lessons – For infant to Level 6. Please see brochure for times of each level.

Infant: Infant swim is a no instruction class

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

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