

TRC FITNESS COURSE DESCRIPTIONS

STRETCH & RENEW—Low intensity, stretching for joint and muscle flexibility. Poses will be performed both standing and down on the floor.

ACCESSIBLE YOGA—Low intensity, beginning yoga class using props, including chairs, as needed. Poses will be performed both standing and seated. No prior yoga experience necessary.

YOGA—Group fitness class that links movement and breath to attain balance, flexibility and strength in both the mind and body. Poses will be performed both standing and down on the floor. No prior yoga experience necessary.

YOGA FOR STRONG BONES-- Group fitness class that links movement and breath to attain balance, flexibility and strength in both the mind and body. Poses will be performed both standing and down on the floor. **This class will focus on learning/performing safe modifications to yoga poses for those who have osteopenia/osteoporosis.** No prior yoga experience necessary.

BARRE—A full body, medium intensity exercise based on a combination of ballet, yoga, and Pilates and includes the use of body weight, Bender balls, dumbbells, and bands.

ZUMBA—A cardio workout involving choreographed dance routines to Latin, Pop and Country music.

LINE DANCING—A cardio workout involving choreographed dance routines to country music.

TAI CHI—An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

TAEKWONDO—A Korean martial art, characterized by its emphasis on head-high kicks, jumping and spinning kicks, and fast kicking techniques.

NINJITSU—The traditional Japanese art of stealth, camouflage and sabotage, developed in feudal times for espionage and now practiced as a martial art.