Back to Basics – Chair Based:
Back to Basics – Chair Based is a 45-minute class incorporating aerobics, strength training, and range of motion exercises while remaining seated. The purpose of this class is to meet your body where it is currently at to improve overall fitness. This class is appropriate for all fitness levels.

Dynamic Mobility:
The focus in Dynamic Mobility is to explore your range of motion through a variety of movement patterns. Participants will primarily be using their body weight to challenge their strength and coordination. This class involves frequent transitions from floor to standing and will be weight bearing on wrists and knees. Appropriate for moderately and highly active people.

FUNctional Fitness:
FUNctional Fitness is where we train for life, and we have FUN doing it! This hour-long class features movement such as lunging, lifting, and twisting that prepares the body for real-life activities like hiking, lifting a child, or even carrying a load of laundry. We will learn how to move safely in multiple positions and directions and will gain confidence in our ability to live an active, fulfilling life. Exercises may require participants to stand on a single leg, move quickly, or use multiple muscle groups at once. Participants should be able to transfer to and from the floor independently. Appropriate for moderately active people.

Living Falls Free:
Living Falls Free is a practical falls risk reduction exercise class. Course content includes learning the exercises of the No Falls Program as well as learning falls reduction strategies specific for your life. Class includes a take-home exercise program and pre/post-performance testing. This is a moderate level class with walking, rocker boards, strength work and exercise at standing, chair and floor level. Gait dynamics and movement technique are emphasized. Participants should be comfortable getting on and off the floor with a chair to assist. Appropriate for all fitness levels.

Parkinson's Disease:
Parkinson's Exercise Program uses multidirectional treadmill walking to stimulate forced exercise. Amplitude training (Power Moves), trunk mobility and strengthening, particularly focusing on back extensors and postural control is included in the program. There will also be discussions on how walking and aerobic work is going in home programs. If you are not a previous participant in our Parkinson's Exercise Program, please contact Alex Wagner at AWagner3@uwhealth.org to join.

Posture, Core & Balance:
Posture is supported by the muscles of the core, and strong core muscles and postural alignment support better overall balance. In this class, resistance bands, hand and ankle weights, exercise balls, and rocker boards are used in standing and seated positions. This class may also occasionally move to the floor. Participants will find and maintain vertical alignment by activating the core in a variety of strength and balance exercises. A chair will be offered for support in this class, but those with recent falls, or who struggle to maintain balance on one leg for a minimum of 5 seconds, should consider taking Living Falls Free before taking this class.
Power Fusion:
Get everything you need out of your workout in one quick stop with Power Fusion. Cardio, strength training, and flexibility are all features of this interval-based class. Participants can expect to increase their heart rates with dynamic, full body movements and engage in active recovery geared towards core strength, joint health, and balance. High-impact movements are a common feature of this class and modifications are always offered. Participants should be able to get on and off the floor quickly and with ease.

Prenatal Fitness:
A healthy pregnancy begins with a healthy you. Engaging in regular fitness activities throughout your pregnancy decreases the risk for gestational diabetes and pre-eclampsia and promotes better delivery and postnatal outcomes. In this class, a total-body strength workout is offered using hand weights, bands, and exercise balls in exercises specific and safe to pregnancy in all stages. An emphasis is placed on core engagement, mindful breathing, and mobility. Participants should be able to get on and off the floor independently.

Senior Aerobic Dance:
Senior Aerobic Dance is an aerobics class putting routines to music. Various movements and directional changes are performed building in intensity to get your heart rate moving. Focus is on coordination and balance, along with strength and flexibility. Options are provided to allow participants to work at their own pace. Appropriate for moderate to active people.

Senior Weight Training:
Senior Weight Training will teach proper strength training techniques through the use of resistance machines, free weight and body weight exercises. Programs will be designed with specific goals in mind. Flexibility, agility, and core strength exercises are used to complement the strength training, making this class thorough and effective.

Strength and Stability:
Strength and Stability will use bands, body weight and weighted balls with movement patterns that help you strengthen while exploring your body's balance strategies. Class will include Pilates-based floor work for core strengthening and flexibility and exercises that uptrain static and dynamic stabilization. Appropriate for moderately to highly active people.

Strength Moves:
Strength Moves is group strength training. It's fun. It's safe. It's effective. As you are led through exercises the instructor emphasizes correct technique and progression. Your balance, core strength, and overall muscle tone will improve through challenging exercises using a variety of strength equipment. Occasional aerobic movements may be included. Participants should be comfortable getting on and off the floor. Appropriate for all fitness levels.

Strong Bones:
Strong Bones is geared towards individuals looking to improve their bone density and/or their joint health through low-impact weight-bearing and resistance training exercises. This class respects common aches and contraindicated movements, commonly associated with arthritis and poor bone density, as participants are led through a progressive strength building program. Both standing and seated exercises will be featured, and some time will be dedicated to balance and flexibility. Participants of all abilities are welcome but should be comfortable standing for consecutive 10-minute periods in class.

Tai Chi – Fan Beg. And Cont.:
Tai Chi Fan practice incorporates the soft flowing movements of Tai Chi while opening and closing a simple elegant fan to perform block and strike movements. The fans of ancient practice were often made of heavier metals and were used for protection and as a weapon. Tai Chi Fan is performed with lighter fabric and bamboo fans that become an extension of your movement and energy, creating a stillness within your movement.
**Tai Chi Fundamentals – Beginning:**
Tai Chi Fundamentals Yang Form is a great opportunity to ease into the wonders of Tai Chi. This course will introduce you to the basic movements, techniques, and philosophies of a Tai Chi practice. The basic movements can be used as a practice in themselves or in combination with the Fundamentals Form. Appropriate for all fitness levels.

**Tai Chi Fundamentals – Continuing:**
Tai Chi Fundamentals Continuing will be a continuing guided practice of the Fundamentals Form along with a variety of Qigong warmups. This class is appropriate for anyone with previous Fundamentals experience.

**TRX Complete:**
Using this unique suspension system, you will learn to feel and use the effect of gravity on your body in new and challenging postural positions. TRX Complete utilizes the popular TRX training system in combination with other modes of training to develop agility, strength and mobility. This well-rounded class will provide the ultimate in total-body fitness. This class will utilize intervals to keep you moving at a quick pace. Standard exercise positions require a baseline level of strength and the ability to move up and down from the floor. Exercises performed can require balancing on a single leg, or being on your hands, as well as dynamic movement while in these positions. Class structure also includes training while off of the TRX suspension trainer. Please call if you have questions about the appropriateness of participation in TRX Complete.

**TRX Express:**
Using this unique suspension system in a quick paced and fun atmosphere, you will learn to feel and use the effect of gravity on your body in new and challenging postural positions. TRX Express utilizes the popular TRX training system in combination with other modes of training to develop agility, strength and mobility. This well-rounded 45-minute class will provide the ultimate in total-body fitness. The class will utilize intervals to keep you moving at a quick pace. Standard exercise positions require a baseline level of strength and the ability to move up and down from the floor. Exercises performed can require balancing on a single leg, or being on your hands, as well as dynamic movement while in these positions. Class structure also includes training while off of the TRX suspension trainer. Please call if you have questions about the appropriateness of participation in TRX Express.

**Weight Training for Women:**
Weight Training for Women improves strength, balance, tone, mobility and stability using a combination of machines, bands, free weights and other equipment. You will learn different concepts for you to customize your own program to best fit your needs.

**Yoga – Elevate:**
Practicing yoga while utilizing a chair (in sitting and/or standing poses) brings the best of a yoga practice to those who require or prefer the support of a chair. As a student you will explore twists, hip stretches, forward bends, mild backbends, strengthening and balance poses. The class is a complement to staying healthy and vibrant. Our main yoga props will be using a chair and a yoga block. The use of a chair is optional. While this will be a gentle practice and available for all yoga levels, know that when you elevate or change up your yoga practice, you may find many challenges and rewards to trying yoga a different way.
Yoga – Slow and Strong:
Yoga - Slow and Strong is a slower paced practice that will move your body with intentional and deliberate postures. Every class will include breath practices, poses that build strength and stability in the body with a relaxation at the end of class. This class is a good place to work on your alignment and to learn the benefits as well as modifications that serve your body best. If you are wanting to move through a moderate sequence designed to restore mobility, increase flexibility, build strength and ease stiff and achy muscles and joints, then this class is for you! A slow and strong yoga practice can change your life as you build your knowledge in the practice of yoga. Participants should feel comfortable being able to get down and up from the floor a couple of times during class.

Zumba:
Zumba is the exercise class with the motto "Ditch the workout, join the party!" This fun and energetic class fuses Latin rhythms and easy to follow moves to create a dynamic aerobic workout. No dance background necessary - just the willingness to move and have fun! The routines feature intervals of fast and slow rhythms to get you moving instantly. Appropriate for all fitness levels.

Land Classes – Virtual

Back to Basics – Mat Based:
Back to Basics – Mat Based will be a progressive class starting from gentle standing and mat based exercises. The focus will be to increase strength, range of motion, and balance. The purpose of this class is to meet your body where it is currently at to improve fitness. Equipment recommended: Mat, chair, and resistance band. Participants should be able to get up and down from the floor.

Interval Training for All:
Interval training has many health benefits. Interval Training for All uses intervals to deliver an efficient workout offering great variety and challenging participant's cardiovascular system, balance, stability and strength. Participants can adapt the exercises to have no/low/high impact depending on their fitness level. Appreciate the opportunity to be individually challenged. Improve your overall fitness level as you enhance awareness of your body.

Mat Work:
This all-level mat-based class will help you find and strengthen your abdominal and core postural muscles without creating unwanted tension in the neck, jaw, and hip muscles. Class will incorporate concepts of Pilates, Yoga, breathwork, and strengthening for postural support muscles. Exercises will be taught in a progressive nature to allow students to challenge themselves while adapting to the individual needs of their body. This class is appropriate for individuals who are able to get up and down from the floor.

Simply Stable:
Simply Stable is a core-based class for people wanting to take it slower, whether you are dealing with a chronic injury, feel you are particularly stiff, or are just looking for a gentler approach. This class incorporates seated, standing, balancing, squatting, and mat-based exercises. While additional seated adaptations can be made as needed, students will benefit most from being able to get up and down off the floor.

Sports Conditioning for Small Spaces:
Sports Conditioning for Small Spaces is an efficient workout offering great variety. This class includes training for cardiovascular fitness, balance, stability and strength all rolled into one! Appreciate the opportunity to be individually challenged. Improve your overall fitness level as you enhance awareness of your body.
**Strength and Stretch:**
Strength and Stretch is a full body workout that will incorporate active range of motion movement to warm-up, followed by strength and balance exercises, and finish with stretching for a well-rounded routine. Participants should be comfortable getting up and down off the floor and weight bearing on their hands. Minimal equipment, such as a chair and yoga type mat, and resistance band will be needed.

**Yoga – Power Flow:**
Power Flow Yoga is a vinyasa-style yoga class that puts together a flowing sequence of yoga poses coordinated with the movement of breath. Don't let the word "Power" alarm you - the power is from within as cues and instruction are given to find postures and proper alignment that suit you, your body, and your practice. The instructor will guide you through a progression of postures, such as various Warrior poses, Chair poses and balance poses linked together to enhance balance, strength, and flexibility. Quiet meditation is also incorporated at the beginning and end of class leaving you feeling balanced and energized. Participants should be comfortable with getting on/off the floor with some ease and weight bearing on their hands. Appropriate for moderately and highly active people.

**Yoga – for Strength and Balance:**
Incorporating basic yoga postures and strength exercises, this class will focus on increasing your strength and flexibility. You will learn how to incorporate strength and stability while moving slowly through postures such as various warrior poses, lunges, twists, and balance poses. This class is most appropriate for participants able to get on and off the floor.

**Aquatic Classes – Lap Pool**

**Aqua Aerobics:**
Aqua Aerobics combines the buoyancy and resistance of the water to provide an effective, low-impact workout performed in chest-deep water. Exercise equipment helps you adjust the workout to your specific needs. Appropriate for moderately to highly active people.

**Aqua Combo & Fitness:**
Aqua Combo & Fitness is a water aerobics class that adapts to your pace, whether you want to make it easier or more challenging. This low impact water aerobics class will take you through a variety of tempos, exercises, and strength and movement patterns, utilizing the water's resistance. You can use aquatic equipment if you prefer, and no swimming skills are necessary. We suggest wearing aqua shoes for comfort and safety.

**Deep H2O Interval Training:**
Deep H2O Interval Training is a great no-impact and moderate intensity workout which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength using a variety of equipment. Participants should be comfortable in deep water using flotation. Appropriate for all fitness levels.

**Deep Water Fitness:**
Deep Water Fitness is a wonderful way to prevent overuse injuries by cross training. Flotation belts are used to maintain a suspended position for a variety of aerobic and strength training exercises in deep water. This non-impact workout will challenge your body while being gentle on your knees, hips, and spine. Participants should be comfortable in deep water using flotation. Appropriate for all fitness levels.
Learn To Swim – Adult:
Learn To Swim – Adult is a swim instruction class for beginners who do not know how to swim. Learn comfort in water, breathing, and basic swim strokes.

Master’s Swim:
Masters Swim classes are designed for swimmers who want to improve the swimming portion of their triathlon or for recreational swimmers looking for a challenging workout. As many triathletes struggle with the swim portion, biomechanics of the crawl stroke (Freestyle) is the primary focus. Practices are structured around freestyle technique and endurance swimming sets. Corrective drills are be used to help improve overall efficiency. Endurance and speed sets are geared to challenge each swimmer in the water. Classes are designed for the intermediate to advanced level swimmer. Swimmers must be able to swim 100 yards without stopping to participate in class.

Swim Fit:
Swim Fit is independent use (i.e. no instructor) of the lap pool. Most commonly this is for lap swimming. The pool typically has a lane available for deep water independent exercise (water running, etc.) as well as for shallow water walking and other movement patterns. Participants sign up to come in during the designated times either 1x or 2x per week based on what was signed up for. Please be sure to check the pool schedule for designated Swim Fit times.

Aquatic Classes – Warm Water Pool

Aquatic Classes – Warm Water Pool

Aqua Ai Chi & Balance:
Aqua Ai Chi & Balance will focus on slow passive stretches, breathing techniques and flowing movements while in chest deep water. This class will enhance your body awareness while improving your range of motion, strength, flexibility, and balance. Appropriate for all fitness levels.

Aqua Flow:
Aqua Flow is a low impact class designed to maintain and improve strength, flexibility, and balance. Combining the elements of aqua yoga and Ai Chi provides participants with a relaxing, but challenging workout. Participants feel the natural resistance of the water and experience the freedom of movement and greater range of motion in the aqua environment. Appropriate for all fitness levels.

Aqua Strength and Flexibility:
Aqua Strength and Flexibility uses the warm water pool to encourage flexibility and range of motion, while using the natural resistance of the water for strength training. Appropriate for all fitness levels.

Aqua Yoga Flow:
Aqua Yoga Flow connects your mind, body, and spirit. Combining the healing elements of yoga with relaxing water exercise provides participants with a relaxing, but challenging workout. Class begins with water walking then gradually moves into Aqua Yoga poses. Participants feel the natural resistance of the water and experience the freedom of movement and greater range of motion in the aqua environment. The warm water allows participants to relax and release into their poses and enjoy the practice even more. Appropriate for all fitness levels.
**Gentle Aqua Movement:**
Gentle Aqua Movement is a welcoming introduction to the benefits of water-based fitness. You will be guided through a variety of exercises, with a focus on enhancing your core strength, flexibility, balance, and range of motion. The warm water creates a comfortable and inviting environment, making it ideal for those looking for a more soothing workout. This class is suitable for all fitness levels and is a great way to improve mobility, reduce stress, and enjoy the benefits of water exercise.

**Going Solo:**
Going Solo is independent use (i.e., no instructor) of the warm water pool. Most commonly this is for continuing a physical therapy warm water pool program independently. Participants sign up to come in during the designated times either 1x or 2x per week based on what was signed up for. Please check the pool schedule for available Going Solo times.