GROUP FITNESS CLASS DESCRIPTIONS

**Fit Body** Sit or stand using weights, bands and body weight to strengthen muscles and improve balance. Chairs will be utilized for support.

**Fit Core & Stretch** Discover balance and movement challenges for your core! Upper and lower body exercises modifications are provided that take into account considerations applicable to seniors and participants of all levels.

**Fit Strength** This standing and floor format class will help you rediscover your body’s design and function. Every system of your body will be energized by motion using free weights, weighted balls, step platforms, resistance bands and more!

**HIIT** Mixing strength training, resistance, cardio, and core training exercises with series of aerobic activity and brief rest intervals, this class will keep your heart rate up to encourage faster fitness results. The fast-paced program can be modified to fit your fitness level!

**MS Yoga** Gentle yoga for multiple sclerosis society only. Registration is required.

**Sit & Be Fit** This class is designed to be an invigorating and fun workout to strengthen and stretch the body from head to toe.

**Tai-Chi** is an ancient Chinese tradition that, today, 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.

**Yoga** Slow / Gentle Yoga is designed for adults of any age who prefer a slower paced or more relaxed practice.

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