

# Active Older Adult Classes

## XaBeat Lite

XaBeat Lite is a dance-fitness program that caters to an active senior clientele. The routines are low impact, simple, and easy to follow with lots of repetition.

Tuesdays

**8:00am-8:50am (Studio B)**

## Jazzerobics

This dance class is for all levels of experience and fitness levels. This class uses basic dance moves, some strengthening exercises, and flexibility. Modifications are given for all moves.

Mon-Wed-Fri

**8:00am-9:00am (Studio B)**



## Zumba Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow choreography, balance, range of motion, and coordination.

Thursdays

**10:10am (Studio B)**

## Gentle Yoga

Gentle Yoga is often considered easier, less intense, non-strenuous, minimalistic, quiet, meditative, or restorative. A great stretch for all fitness levels!

Mondays

**5:15am (Studio B)**

Fridays

**9:00am (studio B)**

## Silver Sneakers

This is a program encouraging older adults to participate in physical activities that will help them maintain greater control of their health.

Mondays and Fridays

**9:00am (gym)**

## Senior Circuit

This class combines weight training, cardio, and balance training in a circuit sequence. Strength and balance training keep your bones and muscles strong.

Tuesdays and Thursdays

**8:00am-9:00am (fitness track)**

## For More Information:

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