



Staff Hours: Mon – Fri: 6  
A.M. – 8 P.M.  
Sat: 7 A.M. – 3P.M.

## NORTH CENTRAL FLORIDA Community Center

### Getting to Know Our Classes

<b>LES MILLS BODYCOMBAT</b>	A high-energy martial arts-inspired workout that is completely no contact. Punch and kick your way to fitness while burning up to 570 calories each class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. No experience is needed.
<b>Yoga</b>	Simple sequences to warm the body and increase balance, strength, and flexibility. Focuses on frequent relaxation and full breathing. No experience is needed.
<b>Gentle Yoga</b>	This class helps students regain flexibility and strength. It incorporates gentle movement sequences, yoga postures, and breathwork. Appropriate for all levels. No experience is needed.
<b>ZUMBA FITNESS</b>	Zumba is a cardio-based workout with movement designed to tone and sculpt the entire body from top to bottom. Zumba is a FUN dance class great for the body, soul, and mind. Each class is a mixture of simple Latin, Hip-Hop, and Salsa dance moves.
<b>ZUMBA<sup>®</sup> gold</b>	Perfect for active older adults looking for a modified Zumba class that recreates original dance moves at a lower intensity.
<b>ZUMBA<sup>®</sup> toning</b>	Lightweight maraca-based toning sticks enhance the sense of rhythm and coordination in participants while toning target zones, such as arms, core, and lower body.
<b>SilverSneakers<sup>®</sup> Classic</b>	SilverSneakers is a multi-level, equipment-based, total body conditioning class. The objective is to minimize age-related physical deterioration, improve health-related and skill-related physical components to increase functional activities for daily living and increase a person's sense of well-being in a group exercise setting. No experience is needed.
<b>SilverSneakers BOOM<sup>™</sup></b>	Boom Mind takes influence from Yoga, Pilates, and athletic stretching, combining them into one class. Designed to relax the body.
<b>SilverSneakers Splash</b>	A fun, shallow-water exercise class that uses a signature splashboard to increase movement and intensity options. No experience is needed. Safe for non-swimmers.
<b>fusion</b>	Fusion combines a variety of effective fitness formats, such as resistance training, pilates, boot camp, circuit, and more. Each class will fuse two formats to challenge body and mind.
<b>AQUATUNITY</b>	Aquatunity is a full-body aquatic workout taught with grounded movement, maintaining a challenge while minimizing impact. No experience needed. Ideal for shallow depths.

352.374.9622

5201 NW 34th Blvd. Gainesville FL 32605

# SILVERSNEAKERS CLASS DESCRIPTIONS



Below are descriptions of the various SilverSneakers options available to you as a SilverSneakers and Y member. Classes are listed from easiest to those with higher intensities based on SilverSneakers' determination. Though some classes, such as SilverSneakers BOOM, are designed for more active older adults, all classes can be modified to fit members' comfort levels.



## **Silver Sneakers EnerChi™**

This class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is low impact and puts no stress on muscles and joints.



## **SilverSneakers BOOM™ MIND**

The best of yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength, and balance.



## **SilverSneakers® Classic**

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.



## **SilverSneakers® Splash**

In this fun, shallow-water exercise class, you'll use a signature splash board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.



## **SilverSneakers® Stability**

Get stronger and improve balance through exercises that strengthen the ankle, knee, and hip joints in a fun and social setting. This class is designed specifically to help prevent falls.

