

TOMS RIVER FITNESS GROUP EXERCISE

THE LIGHTER SIDE CLASS DESCRIPTIONS 5/17

STRENGTH & BALANCE

THIS 45 MIN CLASS FOCUSES ON INCREASING MUSCULAR STRENGTH & BONE DENSITY. CLASS INCLUDES AN EASY TO FOLLOW LOW IMPACT AEROBIC DANCE WARM UP FOLLOWED BY BODY STRENGTHENING EXERCISES. CHAIRS ARE PROVIDED FOR THIS WORKOUT.

CHAIR MEDITATION

THIS 15 MIN SECTION FOLLOWS STRENGTH & BALANCE. RELAX IN YOUR CHAIR AS YOUR INSTRUCTOR USES YOGA & BREATHING TO MAKE YOU FELT RELAXED & REFRESHED.

FOREVER YOUNG

THIS IS OUR MOST GENTLE AQUA CLASS DESIGNED FOR MEMBERS WITH ARTHRITIS OR OTHER JOINT/MUSCLE ALIMENTS. YOU WILL FEEL REJUVENATED. MOVEMENTS FOCUS ON LOOSENING JOINTS & INCREASING MUSCLE STRENGTH.

AI CHI

THIS CLASS IS JUST LIKE TAI CHI BUT POSES ARE DONE IN THE WATER. THERE ARE A NUMBER OF POSES YOUR INSTRUCTOR WILL GUIDE YOU THROUGH, IN A CALM & GENTLE MANOR. GREAT FOR BALANCE.