

Chair Yoga Seated Exercises Health Wellbeing

group fitness classes effective february 10, 2019 - aerobics athletic conditioning a variety of techniques and equipment are incorporated to keep things interesting and challenging for your body. **name length class descriptions - high point regional** - name length class descriptions aqua 60 this is an all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and even some yoga cool down techniques. the goal is health and fitness using the multi-directional resistance of water. this is a great class for all ages and fitness levels. **group exercise schedule (segment 2: february 19 april 15 ...** - chair yoga class is designed to meet the needs of our active older adult members or beginners. move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.

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