SPECIALTY FITNESS
AT BECK RECREATION CENTER

DROP-IN CLASSES
(INCLUDED WITH MEMBERSHIP)

SILVERSNEAKERS CLASSIC
Ages 50 & older
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.
• Mon., 9:30 -10:30 a.m.

SPIN
Ages 16 & older
Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music.
• Mon./Wed., 5:30 -6:30 p.m.

SILVERSNEAKERS CARDIO FIT
Ages 50 & older
Get up and go with a safe and heart-healthy aerobic class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance and core.
• Fri., 9:30 - 10:30 a.m.

TAI CHI FOR BETTER BALANCE
Ages 16 & Older
It is a graceful form of exercise that improve balance and range of motion. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.
• Tue./Thu., 11:30 a.m.- 12:30 p.m.
**SILVERSNEAKERS CIRCUIT**
*Ages 50 & older*

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength working with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

• Wed., 9:30 - 10:30 a.m.

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**SILVERSNEAKERS STABILITY**
*Ages 50 & older*

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints while improving your reaction time.

• Thu., 9:30 a.m.- 10:30 a.m.