

# RiverWoods Senior Fitness Classes

## (Current Indoor Offerings)

### Small-Group Classes

- **Mobile Body:** A mix of seated or standing exercises for flexibility, mobility, balance, agility, and strength over the entire body. We will articulate every major joint.
- **Active Mobility Upper Body:** A gentle, all seated class that includes joint mobility for the neck, shoulder, elbow, wrists, hands, and fingers.
- **Active Mobility Lower Body:** A mix of seated or standing exercises including joint mobility for the hips, knees, ankles, feet, and toes.

### Fitness Center

- **Personal Training:** Progressive multi-component mind-body, agility, balance, coordination, endurance, flexibility, and resistance training over the entire body.

### Aquatics

- **Free Swim:** Experienced swimmers can lap swim, resistance train or utilize pre-made water workouts encompassing balance, flexibility, mobility, and strength training techniques.
- **Instructed Swim:** A mix of various techniques for improving overall cardiorespiratory fitness including balance, flexibility, mobility, and strength training techniques.

## (Springtime Indoor/Outdoor Offerings)

- **LifeTrail:** A mix of walking and exercise on the LifeTrail. Exercise bouts are designed to target multiple muscle groups and modalities. Class will meet at station 1.
- **Ageless Athlete:** An interval training class programmed to your own specific pace, mixing timed exercise and rest periods. Designed to increase your cardio respiratory health and endurance. Class is located on the pool patio.
- **Advanced Ageless Athlete (A3):** Need something with a little more pep for your step? A3 is a mix of strength, agility, cardio, and core to make our most advanced class yet. Baseline level for participants interested includes the ability to get up and down from a plank position. Class meets in the grass behind the pool patio.
- **Ageless Athlete Active Recovery (A3R):** A mobility class for active individual includes dynamic, active, and static stretching movements. Ability of participant includes the ability to stand for most or all of class.
- **Wellness Social:** A 30-minute open forum to discuss, learn and integrate wellness-related topics. Nutrition, stress, fitness, acute and chronic disease etc. Class meets on pool patio.

\*All programs are designed and developed at Riverwoods by degreed and certified trainers. \*\*It is required that residents fill out or renew a health assessment questionnaire and schedule participation in advance.