

Low-Impact Aerobics Programs

Low-impact aerobics is an excellent way to begin an exercise program for those who have not exercised for some time/want to ease into a program or have a condition that may limit your mobility. It's always a good idea to consult with your physician before starting any new exercise programs.

Low-impact movements involve large muscle groups used in continuous rhythmic activities in which at least one foot contacts the floor at all times. See what we have to offer:



Chair Aerobics: Improve circulation, mental alertness and sense of balance, energy level, metabolism, joint flexibility and muscle strength while sitting down. Resistance bands and hand weights may be used during class. Classes are *Thursdays at 11:30 a.m. at Spencer Penn Centre*

Water Aerobics: Any exercise performed in the pool is going to remove the force of gravity and be easier on your joints, not to mention, the water acts as a gentle resistance for muscles. Each class participants will do a warm-up; cardio, strength training, and flexibility cool down. Participants are encouraged to wear a bathing suit, but may wear clothing over bathing suit. Classes are offered *Tuesdays 7:15 p.m., Thursdays 8:00 a.m., and Saturday 11:00 a.m. at the Martinsville YMCA* **In the summer, outdoor locations are available**



Yoga: Incorporates slow, measured movements with deep breathing and little impact to your joints. Yoga strengthens heart, lungs, and muscles. A person can begin at any age and with any level of physical conditioning. Classes are offered *Mondays at 6:30 p.m. at Community Fellowship.*

Zumba Gold: designed for the active older adult, true beginner, and/or people who are not used to exercising or people who may be limited physically. Zumba Gold is done at a lower intensity, but still has the great Latin styles of music and dance of a regular Zumba class. Zumba Gold improves balance, strength, and flexibility. Zumba Gold can be done from a chair as well. Classes are offered *Tuesdays and Thursdays at 9:00 a.m. at Clearview Wesleyan.*

