



**MARCH**  
**2024**

# Drop-In Classes

## AT BECK RECREATION CENTER

### SILVERSNEAKERS CLASSIC

**Ages 50 and 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.

• Monday, 9:30-10:30 a.m.

### SPIN

**Ages 16 and 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.

• Monday/Wednesday, 6-7 p.m.

### TAI CHI FOR BETTER BALANCE

**Ages 16 and older**

Improve range of motion and balance with circular movement patterns repeated with focus on grace, balance and controlled breathing.

• Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

### CARDIO REMIX

**Ages 16 and older**

Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

• Tuesday/Thursday, 6-7 p.m.

### SILVERSNEAKERS CIRCUIT

**Ages 50 and older**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work 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.

• Wednesday, 9:30-10:30 a.m.

### STEP AND MOVE

**Ages 16 and older**

Is a great cardio workout that improves cardio endurance and burns calories. This class focuses on cardio endurance by starting with simple dance moves and then building them into more complex sequences, bringing you a great cardio workout.

• Thursday, 9:30-10:30 a.m.

### SILVERSNEAKERS CARDIO FIT

**Ages 50 and older**

Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance, and core.

• Friday, 9:30-10:30 a.m.



**BECK RECREATION CENTER**

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