

Harcum Center Class Descriptions

Water Aerobics: This class emphasizes movement through aerobic and strength training. Equipment, intensity, and class style may vary by instructor.

Arthritis Aquatics: Designed for maintaining and/or improving range-of-motion, strength, and flexibility. Exercises encompass the entire body and have been approved through the Arthritis Foundation and the Aquatic Exercise Association.

Aqua Dance: Bringing fun to fitness! This class features easy-to-follow line dance movements paired with up-beat music while incorporating cardio movements.

Strength and Balance: This class uses weights, bands and an exercise ball to get a full body strength workout and the exercises can be standing and/or sitting in a chair. The class also incorporates balance moves to improve body stability.

Strength and Balance Plus: This class is the next progression from the Strength & Balance class with increased cardiovascular focus while using weights, bands, and an exercise ball provide a full body workout. The participant stands for the duration of the class.

Fallproof Balance: This class features a comprehensive focus on postural stability, mobility, multi-sensory, and balance impairments. All levels are welcome.

Delay the Disease Parkinson's Program: This program is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Chair Yoga: A practice using a chair for seated poses and the chair as balance point for standing poses. Breathe work and yoga postures will be combined to stretch the body and relax the mind.

Easy Flow Yoga: Create strength and stability by syncing breathe and movement. This class is great for all levels, but will concentrate on the beginner/intermediate yoga student.

Moderate Flow Yoga: This class will help the yoga student to maintain awareness and focus on the breath while moving through a series of postures meant to challenge the body and mind.

Challenge Interval Yoga: This class is a moderate flow- based class that combines with short burst of cardio interval training focused on toning the abdominals, legs, and glutes. This class is appropriate for the intermediate to advanced student.

Power Yoga: This class is a fitness-based class Vinyasa yoga practice geared to the intermediate/advanced student. In this class, the student will increase stamina, strength, and flexibility as well as stress reduction.