

Harcum Center Class Descriptions

Pool Classes:

- **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 Aerobics:** Bringing fun to fitness! This class features easy-to-follow line dance movements paired with up-beat music while incorporating cardio movements.
- **Cardio Water Aerobics:** This class emphasizes movement through aerobic training. We begin with 5 minutes of warm-up (jogging & stretching). Then we proceed to increase our heart rate by doing various cardio exercises. The last 5 minutes is the cool down with more light stretching.
- **High Intensity Weight Loss:** This is an energetic class that will boost metabolism and build cardio endurance to generate weight loss. This class is appropriate for everyone as the student can perform this class at their own level while having fun.

Yoga Classes:

- **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.
- **Gentle 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.
- **Gentle Mat Yoga:** This class focuses on syncing breath with the movement to create a very relaxed, more flexible mind and body. This class is very appropriate for the very beginning yoga student as well as for the more experienced yogi desiring a very calming class.
- **Medium 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.

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Land Classes:

- **Strength & Balance w/ Gentle Cardio**: 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 and light cardio to improve cardiovascular health.
- **Groove & Move**: This class features easy-to-follow dance movements paired with up-beat music to improve cardiovascular fitness.
- **Zumba® Gold**: Zumba® modified for a lower-intensity level with the same Zumba® moves. Easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Benefits cardiovascular fitness, muscular conditioning, flexibility, and balance! This class can be done sitting or standing.

Workshops (Extra Cost):

- **Tai Chi**: This class is for slow and gentle movements that focuses on balance, breathing, and strength. Chair or standing.
- **Delay The Disease**: An evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease.