

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.
- **Arthritis Friendly Weight Training Aquatics:** Strength training designed to help prevent muscle deterioration that occurs with age.
- **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.
- **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.
- **Everybody's Weight Loss Aquatics:** An aerobic water class where you can go at your own pace to fun music. Low to high intensity options are given for your workout. This is an energetic class that will boost metabolism and build cardio endurance to generate weight loss.

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.
- **Equipment Orientation:** A general overview of how to use our fitness center's weight and cardio machines.

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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Resident Classes:

- **Corn Hole**: The classic party game where you toss a bean bag with the goal of landing on the score board. Helps to improve cognitive abilities, balance, and mobility.
- **Volleyball**: Chair Volleyball with a beachball is fun for everyone of all ages. This is great exercise too, promoting cognitive and mobility skills.
- **Feeling Fit 1**: Strength and Balance Training Class designed especially for Seniors to maintain Strength and Balance for life. Some exercises will be done seated and some standing. We use light hand weights and resistance bands for our strength training segment.
- **Feeling Fit 2**: Learn how to use weight training machines and achieve your strength training goals under the supervision of Certified Personal Trainer, Debbie Dalton
- **Adaptive Strength Training**: Gentle strength training exercises designed to increase cardiovascular, muscle, and bone strength performed in a chair. We use light hand weights for our strength training segment.
- **Balance Training**: We build confidence in balancing by strengthening key muscles in our legs and core. We put those muscles to use by doing simple standing exercises to build our balance skills.

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.
- **Foam Rolling**: This technique focuses on reducing pain or the discomfort that comes from myofascial tissue - the tough, but thin membranes that cover and surround your muscles.
- **Group Training**: Strength training tailored to your fitness level. Join a small group for training made fun! Limited to 4 people.
- **Reiki and Restorative Yoga**: Reiki and Restorative yoga is guided relaxation while in gentle stretching positions. It targets the deep connective tissues and the fascia. You will experience deep relaxation and long, gentle stretches with the use of props, guided imagery, aromatherapy, and hands-on relaxation assists offered by the instructor.