

BREWSTER PLACE

Description of Exercise Classes:

LOW IMPACT AEROBICS:

The most advanced class we offer. Heavy on cardio and weights. We meet 4 days a week and do a little something different each day. Variety is the spice of life and you get it in here.

MON,TUES,WED,THURS...8:25am-9:20am BEC WC

SENIOR CIRCUIT:

An all-seated class with the exception of the last 5 min. Choreographed routines to get the heart pumping with weightlifting segments throughout. Good for beginners or those who are a little more advanced. Standing weight bearing exercise at the end.

MON,TUES,WED,THURS...9:30am-10:10am WWC

WEIGHTS/THERABAND:

A tiny bit of balance practice to begin then we sit down for the rest of class. It can be for beginner or more seasoned exerciser. You choose weights and band according to your ability, lots of room to advance. Let's build some muscle!

MON,WED...11:00am-11:40am BEC WC

SIT N BEE FIT:

This class lends itself to beginners or intermediate folks. We alternate between sitting and standing routines set to music. Weight training is worked in between aerobic routines. We end with standing weight bearing exercises and some abs for good measure.

MON,WED...10:15am-11:00am BEC WC

BALANCE AND BREATHING:

We practice exercises that challenge your balancing skills. You need to stand for this class but if your deconditioned you can stand and take a break when necessary. A shaker pole is used for last 10 min to add to the challenge of core strength, endurance, upper body strength and balance. This could be a beginner to intermediate class.

TUES,THURS...10:15am-10:45am WWC