

## Seniors Dance

Fitness classes designed specifically for seniors play a vital role in promoting their health, mobility, and independence. These classes offer a supportive environment where seniors can exercise safely and at their own pace. They also provide an opportunity for social interaction, combating feelings of loneliness, and improving mental well-being. One standout program in the realm of fitness classes for seniors is Adult Dance. Tailored to the unique needs and abilities of seniors, Adult Dance offers a modified version of the popular Fitness Class program.

Adult Dance brings several unique benefits to seniors who participate in its classes. It incorporates low-impact movements that are gentle on the joints, making it ideal for seniors with joint issues or limited mobility. The rhythmic dance movements in Adult Dance provide a cardiovascular workout, improving heart health and circulation. Additionally, the balance exercises and coordination challenges in Adult Dance help prevent falls and maintain physical stability, which is crucial for seniors. The cognitive benefits of Adult Dance are also noteworthy, as learning choreography and engaging in dance routines stimulate brain activity and memory recall.

### Wednesday's

**Instructor – Martha Flores**

9:00 – 9:50am

8 Classes Oct 23 -Dec 11

Maher Room

\$40

## Fitness Dance

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Fitness Dance so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Fitness Dance class. With the tagline, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, with no rhythm required. Working up a sweat in the 60-minute classes burns an average of 369 calories -- more than cardio kickboxing or step aerobics. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

### Thursday's

**Instructor – Martha Flores**

5:30 – 6:30pm

8 Classes Oct 24 -Dec 12

Leaman Room

\$40