

Group Fitness Class Description

Cuero Wellness Center
505 N. Esplanade

Yoga (60 minutes)

Integrate mind, body and spirit to enhance your physical health, emotional balance, mental clarity, and freedom of spirit. Builds strength and flexibility and focus while relieving stress and tension.

Stretch Connection (45 minutes)

Aging muscles and their surrounding tissue often stiffen over the years from inactivity. Stretch Connection reverses this tendency by offering gentle stretching combined with deep breathing exercises, balance work and muscle elongation connecting the entire body system.

Young At Heart & Fitness (45 minutes)

Overall body strengthening using light weight and body resistance; also focuses on core strengthening (lower back and abdominals) for balance.

Muscle Pump (60 minutes)

A muscle conditioning class designed to strengthen, tone, and improve muscle endurance. Be prepared to sweat and burn calories! The class will use dumbbells, bars, and your own body weight.

Cardio Step(60 minutes)

1 hour of heart pumping cardio workout using The Step. Step aerobic training with added favorites: weights, barbell, "The Rev", balls, and more...

Zumba (60minutes)

Enjoy the Latin rhythms as you dance your way to a fitter you! This cardio class combines dance moves from all over the world. It's fun, easy, and great for all fitness levels.

Cardio Kickboxing (60 minutes)

This class incorporates punches, kicks and other kickboxing basics to give you a fun hour full of sweat and calorie burn. Intermediate to advanced levels.

SilverSneakers®

Muscular Strength & Range of Movement "MSROM"

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Tai Chi (60minutes)

Get a taste of the ancient art of Tai Chi for the perfect combination of exercise and meditation. Slow, fluid movements help improve core strength, muscle balance and control.

Core N' More (60minutes)

Shape your core in 1 hour of Core Training, Calorie Burning, Fun! Class will incorporate pilates concepts, stability ball exercises, weights, bender balls, and cardio core exercises, plus MORE!

NEW CLASS!

Group Exercise Policies

Please arrive to class on time so that proper warm up and injury prevention can be achieved and monitored by instructor. Please turn all cell phones off in class. Class times and instructors are subject to change based on member participation and instructor availability.



Denotes cardiovascular workout

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