

68's INSIDE SPORTS CLASS DESCRIPTIONS

11301 W. 88th St. Overland Park, KS 66214 (913)888-9247

GROUP FITNESS CLASSES:

(FREE TO MEMBERS)

SENIOR FITNESS: Cross training for seniors & beginners. 20 minutes of light cardio, 25 minutes of strength, stretch, & balance work. It's never too late to start training. This class is perfect for improving strength, flexibility & balance.

SENIOR WATER: Cardio and Strength exercises designed for seniors in the pool.

WATER WORKS: Cardio & Strength exercises performed in the pool for more resistance and less impact. Great cross training for everyone.

WATER WALKING: Walking thru the resistance of water builds strength and stamina. Discover the low impact, fun way to build strength and burn calories.

SENIOR STRETCH & STRENGTH: This class is a combination of gentle stretching & strengthening exercises for the beginner or senior looking to improve flexibility & balance while getting stronger in both mind and body.

YOGA: This is a mainstream gentle yoga class appropriate for any level of fitness for those looking to improve flexibility, balance and relaxation.

(See regular Group Fitness Schedule for more free classes available to members that are not geared specifically to seniors including yoga, pilates, cycle and more)

SPECIALTY CLASSES:

(PACKAGES AVAILABLE AT REASONABLE PRICES)

*****KINESIS***:** Build strength, core stability, balance and cardiovascular stamina all at once. This state of the art equipment provides a more efficient and functional training for the whole body. Burn 30% more calories than a typical strength training session. Contact Leta at

leta@68insidesports.com for more info. ****KINESIS**

BALANCE:** This is a 45 minute Kinesis class at a more relaxed pace. Focus is on balance, core strength, range of motion and overall strength. Best suited for the novice exerciser looking to enhance their quality of life.

****Strive to Succeed**:** The "Strive" equipment located in the weight room is an excellent way to build strength at any level of fitness. **Strive to Succeed** is a program designed to get the novice weight lifter on a safe, effective strength training program to improve overall strength, joint stability & muscular balance. *Contact Nancy or Christy for more info.*

***Tai Chi & Qigong*:** Tai Chi & Qigong are traditional Chinese exercises done either slowly or quickly to help move the body's energy. This practice improves posture, balance, coordination, endurance, and flexibility to maintain good health and quality of life. Contact Leta for more information.