

DECEMBER 2018 WELLBEATS CLASS DESCRIPTIONS - FIRSTLIGHT COMMUNITY WELLNESS CENTER

- CLASSES ARE ON-DEMAND, FREE IN THE MONTH OF DECEMBER

Class	Length	Age	Description	Intensity
Body Strong <ul style="list-style-type: none"> • Mon-6:00am • Mon-5:30pm • Wed-6:00am 	35	18+, 45+	Yoga. Improve strength, mobility, balance and flexibility with this strength-based pure yoga class.	Moderate
Punch Kick Move <ul style="list-style-type: none"> • Mon-6:45am 	20	18+, 45+	Kickboxing. Get a quick sweat through a series of punches, knee strikes, and conditioning exercises, led by a fun, energetic instructor.	Moderate
Moon Salutation <ul style="list-style-type: none"> • Mon-3:30pm • Wed-3:30pm 	35	18+, 45+	Yoga. This class is all about strong, powerful standing poses such as Crescent Moon, Goddess Pose and more.	Moderate
Fast and Furious <ul style="list-style-type: none"> • Mon-4:45am 	35	18+, 45+	High intensity interval training. Combine 60 seconds of resistance training with 30 seconds of high intensity plyometric movements to push you to your limits.	Vigorous
Silver and Fit <ul style="list-style-type: none"> • Mon-8:15am • Mon-9:15am • Mon-4:15pm • Wed-8:15am • Wed-9:15am • Thur-8:15am • Thur-9:15am 	50 35 20 50 35 50 35	65+	Senior. For older adults, these classes will help to increase heart health, strength, mobility and balance. Classes go at a slower pace, provide thorough instruction, and offer modification to let you go at your own pace. Classes are in the standing position, use light dumbbells or resistance bands, and the use of a chair for balance.	Light to Moderate
Transitions Basic <ul style="list-style-type: none"> • Thurs-10:00am 	20	18+, 45+, 65+	Anti-Aging. 'Fit for Life' content from 3 top instructors, giving you the basics of resistance and cardiovascular endurance, brain fitness, and finishing with stress-reducing yoga.	Moderate