



Low-Impact Fitness Classes

PERFECT FOR SENIORS!



- ALL CLASSES INCLUDED WITH MEMBERSHIP -

New!

AQUA FOR ALL

**FRI - 10:00 - 11:00AM - THE GRAND RESORT
INSTRUCTOR: COLLEEN**

Experience a gentle, joint-friendly workout in our Indoor Pool, where water's natural support makes movement easy as you choose your own intensity—perfect for those seeking improved balance, flexibility, and overall well-being.

AQUA YOGA

**THURS - 1:15 - 2:15PM - THE GRAND RESORT
INSTRUCTOR: COLLEEN**

Aqua Yoga brings traditional yoga into the water, where buoyancy helps you stretch more comfortably and maintain stability. This low-impact class supports joint health, enhances range of motion, and offers a soothing, meditative floating shavasana to finish.

New!

SENIOR STRETCH FITNESS

**WED - 11:30 - 12:15PM - BUHL PARK
INSTRUCTOR: KRISTA**

A fun, low-impact class using chairs for support along with light weights and bands to safely build balance, mobility, and overall wellness: perfect for all fitness levels!

CHAIR YOGA

**TUES - 10:15 - 11:15AM - SQUAW CREEK
FRI - 11:30 - 12:30PM - SQUAW CREEK
INSTRUCTOR: COLLEEN**

Chair Yoga offers gentle, accessible movements using a sturdy chair for comfort and stability. Focus on posture, alignment, and light stretching as you improve mobility, balance, and overall well-being—without getting down on the floor.

Call Concierge to reserve your spot today!

The Grand Resort: (330) 856-1900 Buhl Park: (724) 704-8801