

Woodcliff Health Club New Classes Offered

Class: AB-MOMINAL
Class Time: Wednesday's @12noon & Friday's @ 11am
Description: Chisel your core with this multi level motivated, spontaneous, and challenging class using medicine balls, dumbbells, resistance bands or anything to make you sweat. This class will offer new and innovative exercises and movements to target your upper and lower abdominals, oblique's, back and more.

Class: Silver & Fit - Experience
Class Time: Monday's @ 12:15pm
Description: 45 minutes long this class is for moderately active older adults who exercise in some way one to two day per week. This class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance. 8 person class limit

Class: Silver & Fit - Excel
Class Time: Wednesday's @ 11am
Description: 60 minutes long this class is for very active older adults who regularly exercise three or more days a week. This class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance. 8 person class limit

Class: Zumba Gold & Zumba Toning

Class Time: Tuesday Zumba Gold @ 12, Zumba Toning @ 1, Thursday Zumba Gold @ 11:30, Zumba Toning @ 12:30

Description: This is a fun-filled, safe and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamingo, Tango and Rock & Roll are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring and fun. “Ditch the workout and join the party!”

Class: Water Pilates

Class Time: Monday's, Wednesday's, and Friday's @ 2pm

Description: Water Pilates: a more gentle approach to aqua class--emphasis on elongating the body, breath work and the strengthening the core.