

Spearfish Recreation & Aquatics Center

Fitness Class Description

SilverSneakers® Classic (Strength): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and Silver Sneakers ball, offered for resistance. A chair is used for seated and standing support.

SilverSneakers® Circuit (Cardio): Join us for a fun workout to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is used for support and stretching!

SilverSneakers® Enerchi (Stretching): This low-impact class using modified Tai-chi and the fitness ball creates a relaxing stretch-based class for the whole body. Movements are practiced in a slow, flowing sequence to promote stretch and focus. Chair support is offered to facilitate standing stability and seated stretch options.

SilverSneakers® Yoga: This class will move your whole body through a complete series of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

HIIT (High Intensity Interval Training): a form of interval training incorporating cardiovascular and muscular endurance activity alternating short periods of intense aerobic exercise with less intense recovery periods (**Intermediate to Advanced Level**).

Fitness Orientation: Sign up sheet at front desk Learn how to use our cardio and weight room equipment. Instruction on how to utilize the machines and proper lifting mechanics will give you the knowledge and confidence you need to start your own workout program!

“Sometimes you don’t realize your own strength until you come face to face with your greatest weakness.” – Susan Gale