

Beck Recreation Center Drop-In Classes

Drop-in classes included with membership.

SILVERSNEAKERS CLASSIC

Ages 50 and older

This class focuses on strengthening muscles and increasing the range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.

• Monday, 9:30-10:30 a.m.

SPIN

Ages 16 and older

Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music.

• Monday/Wednesday, 5:30-6:30 p.m.

TAI CHI FOR BETTER BALANCE

Ages 16 and older

Improve range of motion and balance with circular movement patterns that are repeated with a focus on grace, balance and controlled breathing.

• Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

SILVERSNEAKERS BOOM MOVE

Ages 50 and older

This class focuses on simple dance move-s that build into more complex sequences. This is a great cardio workout that improve-s cardio endurance and burns calories.

• Thursday, 9:30-10:30 a.m.

CARDIO REMIX

Ages 16 and older

Get ready for a 60-minute calorie-torching, music-pumping, sweat-infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high-intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

• Tuesday/Thursday, 5:30-6:30 p.m.

SILVERSNEAKERS CIRCUIT

Ages 50 and older

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

• Wednesday, 9:30-10:30 a.m.

SILVERSNEAKERS CARDIO FIT

Ages 50 and older

Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance and core.

• Friday, 9:30-10:30 a.m.

