

2017 Classes

Aquaerobics

Friendship Haven's higher intensity class combines cardiovascular, muscular and flexibility exercises for the entire body. This class is easy on your joints but sure to give you a great work out!

Tai Chi

Tai Chi's essential principles include mind integrated with the body; fluidity of the movements; control of breathing; and mental concentration. Tai Chi for Arthritis and Fall Prevention is a set of tai chi movements designed by Dr. Paul Lam of the Tai Chi for Health Institute to be an easy, safe and enjoyable way for people at all levels of physical condition to help improve stability and balance, increase flexibility and stamina, and provide relaxation while building strength.

Gentle Yoga

We will not be doing floor work. A slow flowing yoga class that is welcoming to all. This class uses props and modifications to ensure a safe and comfortable practice. No previous yoga experience necessary. The majority of this class is done in a chair.

Yoga

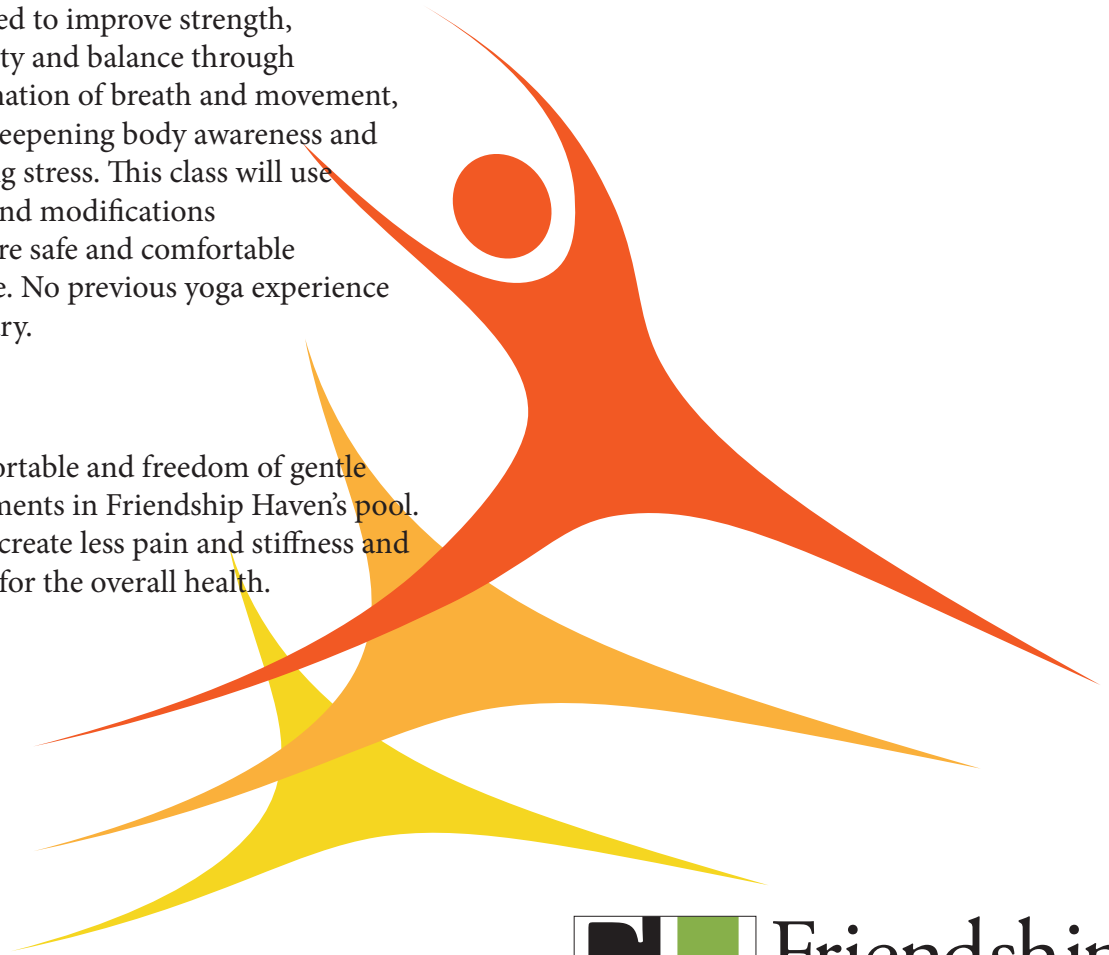
Designed to improve strength, flexibility and balance through coordination of breath and movement, while deepening body awareness and relieving stress. This class will use props and modifications to ensure safe and comfortable practice. No previous yoga experience necessary.

Aquarthritis

Comfortable and freedom of gentle movements in Friendship Haven's pool. Helps create less pain and stiffness and better for the overall health.

Total Barre

Totalbarre combines strength training and cardio, burning fat and building muscle at the same time. This class includes all the basics of a well-rounded exercise program. Barre class may help or improve posture, muscle definition, weight loss, increase flexibility and reduce stress. This class runs monthly and must be pre-registered. Contact wellness for interest.



*Classes are subject to change.

Individual package: \$60/month

Spouse package: \$90/month

Unlimited class \$35/month

Drop-in class rate: \$5.00



Friendship
HAVEN