

# Move More

Cardio	Strength	Balance	Flexibility
<p>Improves your endurance and stamina as well as the health of your heart, lungs, and circulatory system.</p>	<p>Makes everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.</p>	<p>Helps prevent injuries and falls, a common problem in older adults that can have serious consequences.</p>	<p>Routinely stretching the muscles increases your range of motion and reduces pain and the risk for injury.</p>

**Key:** ● Cardio ● Strength ● Balance ● Flexibility



## Self Massage

Looking to destress? This self-massage workshop offers tension relieving techniques to relax sore muscles, improve blood flow, and help release stress.

**Delivery:** Virtual or In-Person

**Session Length:** 50 mins

# Fitness at Work



## Chair Yoga ● ●

This is a gentle form of yoga practiced while seated on a chair or standing on the ground and using a chair for support.

Delivery: Virtual or In-Person

Session Length: 45 mins



## Core Restore ● ● ●

Build core strength and stability to support your back and help reduce pain, especially after abdominal separation.

Delivery: Virtual or In-Person

Session Length: 45 min



## HIIT ● ● ●

HIIT stands for 'high intensity interval training'. A workout that features short periods of intense cardio activity followed by periods of rest.

Delivery: Virtual or In-Person

Session Length: 45 mins



## Kickboxing ● ● ●

A standing combat sport based on kicking and punching for total body fitness.

Delivery: Virtual or In-Person

Session Length: 45 mins



## Pilates ● ● ●

This is a low-impact exercise designed to improve core strength, postural alignment, and flexibility.

**Delivery: Virtual or In-Person**  
**Session Length: 45 mins**



## Self Defense

Provides practical awareness tips, de-escalation tactics, ground attack defenses and more!

**Delivery: Virtual or In-Person**  
**Session Length: 45 mins**



## Stretch & Flexibility ● ●

This class focuses on lengthening the body while increasing the range of motion. The exercises target everyday movements to keep the body in great functional shape.

It also helps relieve stress and tension that may occur in the body while working in an office setting or in everyday life.

**Delivery: Virtual or In-Person**  
**Session Length: 45 mins**



## Toning & Conditioning ● ●

Exercises designed to build definition, shape and strength in the muscles.

**Delivery: Virtual or In-Person**  
**Session Length: 45 mins**



### Total Body ● ●

A workout routine that aims to hit all the major muscle groups in one single session.

Delivery: Virtual or In-Person  
Session Length: 45 mins



### Walking Workout ● ●

Walk throughout the class while adding exercises like squats, arm extensions, kickbacks, and stretches.

Delivery: Virtual or In-Person  
Session Length: 45 mins



### Wukkout® ●

A soca based, Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

Delivery: Virtual or In-Person  
Session Length: 45 mins



### Yoga ● ● ●

An ancient practice that combines physical postures, breathing exercises, meditation to promote overall well-being. It is designed to unite the body, mind, and spirit, fostering balance, flexibility, strength, and relaxation.

Delivery: Virtual or In-Person  
Session Length: 45 mins



## Zumba® ●

An aerobic fitness program inspired by Latin and international music and dance moves. Routines incorporate combinations of fast and slow rhythms to improve cardiovascular health.

**Delivery: Virtual or In-Person**

**Session Length: 45 mins**



## 90's Dance Fitness ●

A dance cardio class that targets aerobic movements, featuring a combination of dance moves set to 90's style music. Have fun while building strength and endurance.

**Delivery: Virtual or In-Person**

**Session Length: 45 mins**