

### **Simply Fit™**

Developed exclusively for the Centre Club, this class is best suited for the older adult, beginner, or someone who is looking for a low to moderate workout. Functional, integrated training consisting of cardiovascular and muscular endurance, balance and coordination, and flexibility are included. Classes are held Monday through Friday.



### **Simply Seated™**



Developed as part of the Simply Fit program, this seated class is a great option if injuries, balance issues or joint pain make standing exercises challenging. Segments of seated aerobics, muscle toning and balance and coordination will be integrated into each class. Classes are held Monday through Friday.