

MEET THE INSTRUCTORS..

AIMEE DEHOLLANDER

Aimee instructs BOOM MOVE,
Beginner Line Dance, Gentle
Stretch, Senior Sit & Stretch,
& Silver Fitness

BETTY DEFOUW

Betty instructs Line Dancing.

TAMMY ALLAN

Tammy instructs Tabata,
Cardio Sculpt, & UrbanKick.

JAMI KOK

Jami instructs Chair Yoga,
Strength, Gentle Yoga, and
Yoga.

AIMEE RAATZ

Aimee instructs POUND and
Rise & Burn.




BYRON TOWNSHIP RECREATION

616-878-1998

www.byrontownshiprec.org

2120 76th St. SW.

Byron Center, MI 49315



adult
fitness

CLASSES OFFERED:

BEGINNER LINE DANCING

This class breaks down the basics of line dancing with slow, repetitive instructions.

BOOM MOVE

A fun combination of aerobic, cardio drumming, and line dancing to great music from all decades and genres with repetitive, easy-to-follow moves.

CARDIO SCULPT

A full body workout class to improve cardiovascular endurance & overall strength. Utilizing various cardio segments & strength training.

CHAIR YOGA

Enjoy all the benefits of yoga from the stability of a chair! This class is perfect for those who are new to yoga - modifications offered for various levels of activity.

GENTLE STRETCH

A slow, gentle, total body stretching class for flexibility, balance, and core strength. Easy on wrists & knees. No inversions.

GENTLE YOGA

Relaxes, releases, & restores. Practiced slowly and all poses are done down on the yoga mat.

LINE DANCING

A fun and a low impact way to engage your core to help improve coordination and balance. If you need to strengthen your muscles, line dancing engages your legs, hips, hip flexors, quadriceps, hamstrings, glutes, abductors, adductors and calves.

POUND

A 45 minute full body workout using lightly weighted fitness drumsticks. Movements are a strong cardio element that target all of the lower body and the core while keeping rhythmic beats with the ripstix.

RISE & BURN

A full body workout, focusing on strength and core with intervals of cardio. This workout offers a lot of variety, utilizing hand weights, kettlebells, steps, bodyweight etc. Different levels of intensity will be shown in every class, so each participant can work at their own level.

SENIOR SIT & STRETCH

Experience the benefits of head-to-toe stretching in a safe and comfortable environment with the support of a chair. This class is designed to enhance mobility and flexibility, improving balance. Breathing and relaxation exercises are incorporated to help reduce stress, improve concentration, and enhance mental clarity.

SILVER FITNESS

Combines standing & chair exercises with a focus on balance, strength, memory, & flexibility with fun 50/60's music. Group parties and social activities throughout the year too!

STRENGTH

Intermediate level class - gain strength and endurance in all muscle groups to enhance your day-to-day living. We will be using body weight as well as hand weights and other equipment. Bring a mat!

TABATA

A HIIT that combines bursts of strength training in 20/10 second intervals/rest.

YOGA

Focuses on breathing, balance, flexibility & relaxation.

ADDITIONAL INFORMATION

All adult fitness classes operate as a \$5 drop-in for each class. You do not need to be a member of the Community Center to participate in the adult fitness classes.

If you are a Silver Sneakers member at the Community Center, you are eligible for 1 free fitness class per week. Any additional classes will be a \$5 drop-in. Please check in at the front desk prior to class.