

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

YOGA FOR OSTEOPOROSIS

Promote good bone health, relieve the pain, and help with prevention.

YOGA FOR SENIORS

Yoga exercises for seniors can help improve flexibility and reduce aches and pains.



TAI CHI

Tai chi, which originated in China as a martial art, is sometimes referred to as “moving meditation”— participants move their bodies slowly, gently, and with awareness, while breathing deeply.

LINE DANCING

Is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

MAULDIN SPORTS CENTER

10 City Center Drive
P.O. Box 249
Mauldin, SC 29662

www.mauldinrecreation.com

Senior Programs

Come take a break with us!!!!

Improving your fitness, gaining muscular strength, flexibility, balance and endurance!!!!




Mauldin
SOUTH CAROLINA

What is Zumba?

How It Works?

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.



AGE
is just a
NUMBER



WHAT IS SILVER FIT?

This class increases endurance, flexibility, muscular strength, range of motion, agility, and balance in a safe group fitness environment. Class will include low impact cardio, resistance training with elastic tubing, balls, and hand held weights. Modifications provided for ALL levels of fitness; optional chairs are offered for support, stretching, and relaxation.