

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!

Aquarthritis

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

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

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. We will not be doing floor work.

Basic 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.

Intermediate Yoga

A yoga class specifically for those who like more of a challenge. In this class we will flow into poses, hold poses longer, and add core strengthening options. Yoga experience is required. Please see basic yoga before entering this class.

BOOMER MEMBERS: FREE
Per class: \$4.00
10 class punch card: \$35.00
18 card punch card: \$60