

## 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.

### **DARCEY BEKINS**

Darcey instructs Boxing.




## **BYRON TOWNSHIP RECREATION**

616-878-1998

[www.byrontownshiprec.org](http://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 fusion of low-impact aerobics with popular line dances, all set to a great mix of music from a variety of genres. The easy-to-follow moves keep your body active while also giving your brain a healthy workout!

With a welcoming atmosphere and a pace for all levels, this class is perfect for staying sharp, improving coordination, and having fun through movement and music.

## BOXING

A 45 minute full body workout. This class is an introduction to boxing that will show you what boxing is all about. From warm up drills, shadowboxing & rounds on the bags to strength training.

Don't be scared to try it out, it's a great way to burn calories and have some fun or even knock out your stress.

This class is for beginners-intermediate boxers.

## 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 and mindful total body stretching class designed to improve flexibility, balance, and core strength. This class is easy on the wrists and knees, with no inversions or complex poses. We focus strictly on physical stretching divided between standing, chair and mat stretches, using simple, non-yoga terminology. The class is accompanied by uplifting music, offering encouragement and inspiration for the body and spirit.

## 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.

## 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

Stay active, strong, and healthy while building meaningful connections! This class combines standing and chair exercises focusing on balance, strength, memory, and flexibility. Enjoy a supportive and fun group environment with social activities and gatherings throughout the year!

## 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.