Coastal Carolina Active Living (CCAL) Fitness Class Descriptions:

**Many of the following exercises can be modified to meet different fitness levels and abilities, allowing everyone to work at their own pace. We recommend speaking with the fitness instructor before you begin a class to make sure they are aware of any mobility issues you may have.*

The Brunswick Center at Calabash

- **Core, Floor & More** - 20 quick minutes of core & stretching. Includes floor work so bring a mat. The Center has mats available also.
- **Tai Chi Group** - Gentle movements that focus on muscle control, stability, balance, and flexibility. Includes standing exercises, as well as sitting.
- **Zumba GOLD** - Based on exciting Latin and international dance styles. Similar stylistically and musically to regular Zumba®, but it's performed at a lower intensity level, intended for active older adults, Zumba beginners, fitness newbies. No chair work or floor work. *This class can be adapted to a chair, please ask the instructor for guidance.
- **Strength & Tone** - Dynamic, interactive class using weights, bands, and body weight exercises to build strength & improve balance, coordination & mobility, reduce fall risk, maintain bone density & functions in daily living. Includes standing & chair work.
- **Gentle Yoga** - A gentle, relaxing class that will include breathing, stretching, & balancing poses to improve muscle tone, mobility, & flexibility. Floor work is done using a yoga mat, along with blocks & straps.
- **20/20/20** - Lots of moving & sometimes even singing to familiar upbeat music, improving strength and relieving stress, all in one class. Class includes 20 minutes of energizing low-impact cardio moves, then 20 minutes of heart-pumping resistance training using free weights, followed by sitting in chairs - NO floor work! - for 20 minutes of core conditioning and calming stretching.
- **Chair Yoga** (at Calabash Shores Clubhouse behind Center) - Chair yoga is a modified form of traditional yoga that adapts poses and stretches to be performed while sitting on a chair or using a chair for support. Regular chair yoga practice involves gentle stretching and movement, which helps improve joint flexibility and range of motion. *Must bring your own supplies.*
- **Geri-Fit** - An evidence-based program designed specifically for older adults. Exercises focused on increasing strength, range of motion, stability, and balance to improve health and mobility. A chair, weights, and resistance bands are used.
- **Line Dancing** - Two classes offered: Beginner AND Intermediate. It is recommended to take the Beginner class, even if you have experience. Then, move up to Intermediate.
- **Boxing & Music** - A seated class which combines light boxing from strength and balance, along with music for memory. This program is designed to boost mobility, reduce fall risk, and support cognitive health.
- **Cardio Boxing & Balance** - Get ready to move, sweat, and have fun! Cardio Boxing & Balance is a high-energy class designed for all fitness levels. This workout combines simple boxing-inspired movements with balance &stability exercises to improve coordination, build strength, & boost cardiovascular endurance. Standing, no mat work.

What to Expect: (1) Easy-to-follow boxing combinations (no experience needed); (2) Cardio intervals to get your heart pumping; (3) Balance and core exercises to improve stability; (4) A supportive, upbeat environment
*Relieve stress, increase confidence, and get a full-body workout—all while having fun!

The Brunswick Center at Supply

- **Self-Led Yoga** – A video-guided class where participants follow an instructor on screen rather than an in-person instructor. The class focuses on gentle movements, stretching, flexibility, and balance at a comfortable pace.
- **GeriFit** – A nationally recognized strength training program designed specifically for older adults to improve strength, balance, and daily function.
- **Body, Core & Strength** – A full-body workout targeting core stability, muscle strength, and overall conditioning.
- **Sifu Sutzer Tai Chi** – Traditional Tai Chi practice focused on improving balance, coordination, and mental clarity.
- **Walky Talkys** – A fun, video-led walking class set to upbeat music to boost cardio fitness in an engaging way.
- **Pilates** – A low-impact class that strengthens the core, improves posture, and enhances flexibility.
- **Line Dancing** – A high-energy class combining dance and cardio movements for a fun and social workout.
- **Chair Yoga** – A gentle yoga class performed seated or with chair support, ideal for improving flexibility and relaxation.
- **Stretch & Balance** – A gentle exercise class focused on improving flexibility, stability, coordination, and range of motion.
- **Sun Tai Chi** – A self-led, video-guided class that focuses on gentle, flowing movements to improve balance, flexibility, coordination, and relaxation.

The Brunswick Center at Leland

- **Cardio Drumming** - Drum to music and rhythm to 50s, rock, pop, and some Latin rhythms, as well as African rhythms. Using drumsticks on a chair and a bucket, follow along with the instructor to cardio routines to the music. Come and unleash your inner drummer!
- **Chair Yoga** - This ancient Indian body of knowledge uses gentle exercise, breathing, and meditation to achieve harmony, balance, and flexibility. This is done in and around the chair.
- **Circuit Training** - A form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit. It targets strength-building and muscular endurance.

- **Geri-Fit** - A Tier III (highest level) evidence-based health promotion program for older adults that helps to rebuild strength that may have been lost through the aging process. This class utilizes light free weights, a chair, and resistance bands.
- **Intensity Training** - This is a High-Intensity Interval Training class that uses different intervals of high-intensity exercises with alternating recovery time in between. This class will increase your heart rate using your own body weight, light free weights, and a chair. Great for a full-body workout.
- **Line Dancing** (Beginner on Fridays) - Line dancing provides both physical and cognitive benefits. This class improves strength, muscle function, balance, flexibility, and cardiovascular health. It also helps gain better concentration and the ability to control attention shifts. This is a fun group class that is sure to put some pep in your step!
- **Tai Chi for Arthritis & Fall Prevention** - This exercise program would be similar to walking. Tai Chi is an evidence-based health promotion program involving slow, deliberate movements that integrate the mind, body, and spirit. It has many health benefits, including improving strength, balance, and flexibility. Each class builds on the last. Please keep that in mind.
- **Cardio Dance** - This modified class for active older adults recreates the original moves you love at a lower intensity, to the same fusion of Latin, International, and popular music. Classes have easy-to-follow choreography that focuses on balance, range of motion, and coordination. The high-energy routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone & sculpt the body.
- **Classical Mat Pilates** - This is a movement method designed to stretch, strengthen, and balance the body that improves posture and increases flexibility, as well as develops abdominal and back strength. Must be able to get up and down from the floor. If you have questions or concerns about your mobility, please email callenpt@icloud.com
- **Line Dancing** (Intermediate on Wednesdays): Line dancing provides both physical and cognitive benefits. This class improves strength, muscle function, balance, flexibility, and cardiovascular health. It also helps you improve concentration and the ability to control attention shifts. This is a fun group class that is sure to put some pep in your step!
- **Gentle Yoga** - This is a slow-paced yoga focusing on breathing, gentle yoga movements and postures, stretching, and relaxation postures.

The Brunswick Center at Shallotte

- **Geri-Fit** - As described at other Centers above.
- **Tabata** - Circuit workout involving 20 seconds of high intensity exercises, followed by 10 seconds of rest. This class is designed to help improve strength, endurance, balance, coordination, and overall fitness.
- **Aerobics/Dance** - Combines gentle aerobics with simple dance movements set to enjoyable music. Exercises are designed to help improve strength, balance, coordination, flexibility, and endurance while keeping you active and energized.
- **Pilates** - Uses gentle, controlled movements to help strengthen the core, improve flexibility, posture, balance, and overall body awareness.

- **Fit for Life** - A well-rounded class that combines gentle cardio, strength exercises, resistance bands, light weights, exercise bars, and other easy-to-use equipment. Activities are designed to help improve strength, balance, flexibility, coordination, and endurance while supporting everyday movement.
- **Zumba** - As described at other Centers above.
- **Cardio Low Impact** - Combines low and higher-intensity cardio movements with light weights, resistance bands, and other fun exercises. This offering can help improve strength, balance, coordination, flexibility, and endurance while keeping you active and energized.
- **Chair Yoga** - Includes gentle stretches, simple movements, breathing exercises, and relaxation techniques to help improve flexibility, balance, strength, and mobility.
- **Through Fire** - Strength & endurance, boxing, flexibility & balance, core engagement & more!
- **Line Dancing** - Learn easy-to-follow dance steps and routines while enjoying great music and good company. Line dancing is a wonderful way to improve balance, coordination, memory, and cardiovascular fitness while having fun and meeting new friends.
- **Cardio Drumming** - Combines simple drumming patterns with gentle, easy-to-follow exercises designed to keep you active and engaged. This offering can help improve coordination, balance, strength, and endurance while providing a great opportunity to socialize. No drumming experience needed!

The Brunswick Center at Waccamaw

- **Geri-Fit** - Same as mentioned above.
- **Cardio Drumming** - Joins music & rhythm with movement and exercise in a fun, high-energy way! Benefits may include improved strength and fitness, heart health, mental wellbeing, and increased smiling. Using pool noodles to drum on a bucket for 30-minutes, follow along with the instructor to rhythmic cardio routines to the music of several decades. All skill levels are welcome!
- **Strength & Balance** - This class improves balance and core strength as well as abdominal and postural muscles through sitting and standing exercises for shoulders, arms, and legs.
- **Half Mile Park Walk** - Join the group to take a walk in the park (literally). The half-mile loop behind the center is beautiful, and you can set your own pace, walk with a partner, or walk as a large group.
- **Through Fire** - this boxing/strength class with Tripp Parks incorporates strength, knowledge, breath work, and music to increase coordination, reaction time, and physical ability.
- **Fitness 4 Longevity** - This is a well-rounded class designed to support long-term strength, balance, and mobility. The class includes light aerobic movement with balance elements, followed by resistance training to build strength. No floor work is included, making the class accessible and joint-friendly for all.

- **Brain & Body Fitness** - This 20-minute class is all about fun! Utilizing dual tasking (which works wonders for your brain) we will be sure to giggle at ourselves and others while also building neuromotor pathways that are proven to improve brain function!

The Brunswick Center at Southport

- **Geri-Fit -** Geri-Fit is an evidence-based strength training program created specifically for seniors, especially those managing arthritis or chronic conditions. The classes focus on rebuilding strength lost through the aging process using safe, functional movements. Participants begin with bands and light dumbbells and gradually increase to heavier weights as their strength and endurance improve. This progressive approach helps build muscle, enhance stability, and support overall daily function.
- **Yoga for Healthy Bones** - Uses time-honored yoga poses to build strong, resilient bones and improve balance and stability. Each class focuses on slow, intentional movements that gently challenge the muscles and stimulate bone growth, helping counter the natural effects of aging. Participants practice standing and seated poses that enhance posture, strengthen the legs and core, and improve balance. With its quiet, calming pace and supportive atmosphere, this class offers a powerful, enjoyable way to stay steady, strong, and confident. Floor work is done using a yoga mat, along with blocks & straps. *Southport Center Yoga classes are available at no charge via Zoom.
- **Chair Yoga** - A gentle, feel-good way to move your body, increase flexibility, and build confidence. Using the support of a chair, participants flow through simple stretches and guided movements that help improve range of motion, posture, and stamina. The class focuses on easing tight muscles, strengthening the core, and encouraging steady, comfortable movement. *Our Chair Yoga classes are available at no charge via Zoom.
- **Tai Chi** - A gentle, slow-moving practice that teaches balance, relaxation, and body awareness. Students learn simple, flowing movements that coordinate breathing with motion.The focus is on staying loose, moving smoothly, and calming the mind rather than trying to build strength or speed. Tai Chi for Beginners is tailored for seniors at all fitness levels.
- **Boxing Program** - A high-intensity aerobic workout that blends basic boxing steps with HIT-style movements. Participants train using heavy bags or one-on-one pad work, all while maintaining a non-contact environment (no physical contact between participants). Each session finishes with a guided cool-down and stretching routine to support recovery and flexibility.
- **Fit & Strong!** - Designed especially for seniors with arthritis and other mobility issues. The class emphasizes flexibility, low-impact aerobic exercise, and progressive strength training to support overall body function. Participants use light weights and fitness bands while following lively music and guided instruction, creating a fun, energizing environment that builds confidence and encourages steady movement.
- **Fit and Fabulous** - Helps seniors use the center's workout space safely and confidently. Knowledgeable volunteers are available to demonstrate each piece of exercise equipment and guide participants in choosing the machines that best match their fitness

needs. The program ensures a supportive environment where seniors can build strength, improve mobility, and feel comfortable with every workout.

- **Balance, Posture & Strength** - A welcoming class for all fitness levels, designed to improve stability, core strength, and overall body alignment. Participants work through a series of seated and standing exercises targeting the shoulders, arms, legs, abdominal muscles, and postural support. Each session incorporates bands, balls, and light weights, along with gentle stretching, to build strength, enhance balance, and promote stable movement.
- **Drum Fitness** - An upbeat, super-fun cardio workout that blends energizing music with rhythmic movement. Using exercise balls and drumsticks (all provided), participants tap, strike, and move to the beat for a full-body aerobic session that boosts coordination, lifts mood, and keeps the heart pumping. Can be done sitting or standing and is perfect for all fitness levels.
- **Get Fit** - A full-body workout that keeps you moving with upbeat music, bands, and fitness balls. This offering delivers a fun, energizing session that builds strength & boosts stamina.
- **Line Dancing** - A fun and fantastic way to stay active. Whether you're stepping onto the dance floor for the first time or already love moving to the music, there's a class for you. The simple, rhythmic steps help improve balance, coordination, strength, and endurance, all in a low-impact format that's easy on the joints.