



SENIOR RESOURCE CENTER IN-PERSON FITNESS ACTIVITIES

The following in person fitness classes are offered at the Senior Resource Center. Some activities do require a nominal fee to be paid to the instructor, which is noted here. Registration is required. To register, use our online portal or call our reservation line (910) 798-6450 and leave a message. Visit our website at src.nhcgov.com.

Barre – A fun empowering class focusing on postural strength and alignment followed by a series of upper body exercises - Offered on Tues @ 2:15pm.

Balance & Core – A fun workout focusing on balance and core strength - Offered on Wed @ 8:30am.

Cardio 35/10/10 – If you enjoy aerobics, this is the class for you! A fun energetic class including 35 minutes of low impact aerobics, 10 minutes of strength training, and 10 minutes of stretching exercises to fun motivational music - Offered on Tues @ 11am & Fri @ 8:30am.

Chair and Breath Yoga – This seated non-cardio class concentrates on breathing while stretching and strengthening. Offered on Fri @ 1:30pm. There is a \$7 fee required to be paid to the instructor.

Chair & Mat Gentle Yoga – This class concentrates on stretching, strengthening, and improving the overall health of skeletal and muscular system. Non-cardio. Offered on Tues @ 1:10pm. There is a \$5 fee required to be paid to the instructor.

Chair Yoga w/Gretchen – This beginner class will focus on yoga moves designed for those who cannot do floor work. Participants will use a chair/stand. Offered on Mon @ 3:30pm & Thurs @ 3:15pm. There is a \$3 fee required to be paid to the instructor.

Circuit Strength Training – Small Group circuit style training is offered three times per week to include basic instruction and guidance on the exercise equipment as well as development of a personalized training plan. Pre-registration is required. Offered on Tues @ 2:00pm & Wed @ 11:00am

Drums Alive – This Drums Alive class combines aerobic movement with drumming using drumsticks, a ball and great music! All fitness levels are welcome, can be standing or seated – Offered on Wed @ 12:00pm & Thurs @ 12:00pm.

Exercise Equipment/Inspire Fitness Studio – Equipment includes treadmills, upright and recumbent bikes, water rowing machine, seated and standing elliptical, and free weights. No fee required. Available during SRC hours of operation. Not sure how to use the equipment in our Inspire Fitness Studio? Call Activities Program Coordinator Re Wies (910) 798-6350 to set up an appointment for one-on-one help!

Fitness for All w/Jackie – An uplifting basic level fitness class paired with spiritual music - Offered on Mon @ 9:40am.

Fitness Bootcamp – This class is filled with a series of fun stations to increase strength, coordination, balance, and flexibility. Have fun using equipment such as dumbbells, exercise tubing, steps and more. Offered on Wed @ 9:30am & Fri @ 11:30am.

Geri-Fit – 45 min. evidence-based class includes cardio, balance, deep breathing, and stretching, using hand weights, both standing and sitting. Offered on Mon @ 8:45am, Tues @ 12:15pm, Wed @ 8:45am, Thurs @ 5:30pm, Fri @ 8:45am. No charge (60 and over). Participants are encouraged to bring their own weights if possible, otherwise weights will be provided. Contributions welcome.

*Also offered at our Castle Hayne, Maides Park, & Katie B. Hines locations!

Groove Strength & Stretch – A standing or seated class cardio class that focuses on strength work and stretching all while grooving to your favorite tunes! All fitness levels welcome. Offered on Fri @ 12:30pm.

Line Dance – For those who love to Line Dance, we have several opportunities for you. *Beginner Line Dance* is for those new to line dancing and is offered on Thurs @ 1:00pm. *Intermediate Line Dance* is offered on Mon @ 11:00am, Wed @ 9:30am, & Thurs @ 2:00pm. We also offer a Line Dance class with added exercise on Fri @ 11:00am. *Some Line Dance classes require a nominal fee.

*Also offered at our Katie B. Hines and Castle Hayne locations!

Men's Exercise – Just for the guys! Cardio and Weight bearing exercises Mon/Wed/Fri @ 8:00am. There is a \$25 per month fee required to be paid to the instructor. (This class is currently full. Contact Shantel Davis to be added to the wait list.)

Men's Exercise – This class will focus on building endurance, overall strength and balance using exercise equipment such as dumb bells and exercise bands. There will be stretching at the end of class. Please bring a mat of your own.
Offered on Thurs @ 11:45am.

Middle Eastern Dance – Have you ever wanted to learn Middle Eastern Dance? Now is your opportunity for this fun dance class that provides a great workout. Offered on Thurs @ 9:30am.

Shadow Boxing – This is a combat sport exercise class in which a person throws punches at the air as though there is an opponent. This class will provide cardio and strength work through body weight moves and boxing combinations.
Offered on Mon @ 12:00pm.

Stretch and Tone – This program will improve your strength and flexibility! This class includes strengthening exercises with band, ball and/or weights followed by stretching. Class ends with deep breathing and chair or standing yoga. Offered on Thurs @ 8:30am. *Also offered at our Castle Hayne location!

Tai Chi – For those with exposure to the basics of Tai Chi or Yoga, welcoming new participants to observe the class and join in to experience the benefits of this graceful and meditative exercise. No fee required. Beginner and Intermediate classes are offered weekly. (These classes are currently full. Contact Shantel Davis if you would like to be added to the wait list.) *Also offered at our Castle Hayne and Katie B. Hines location!

Tai Chi for Arthritis – This ancient form of Chinese low impact movements help foster awareness, balance, strength and flexibility. Special attention is given to combat the symptoms associated with Arthritis in this evidence-based program. Classes are offered in a 20-week series. Level 1 and Level 2 sessions are available – contact Shantel Davis (910) 798-6409 to be added to the list for the next series. Offered at no charge (60 and over). Contributions welcome.

Tap for Beginners – Ever wanted to learn how to tap dance? Now is your chance to learn from a veteran! Offered on Mon @ 2:00pm. There is a fee of \$3 per class to be paid to the instructor.

Tap Groups – There are three tap groups that practice at the Senior Resource Center each week – Golden Tappers, Fancy Feet, and High Steppers. Each group has a different leader, and slightly different tap methods – for more information on the tap groups, please contact Shantel Davis, (910) 798-6409.

Wellness Walks – Enjoy a brisk walk on our Nature Trail with our SRC Nutritionist Dylan Donnelly. Offered every Monday @ 10:00am. Meet in the Ohana Café. Weather permitting.

Yoga w/Giles – Non-cardio, basic yoga movements for all skill levels, offered Mon @ 9:30am. There is a \$5 fee required to be paid to the instructor. *Also offered at our Castle Hayne location, Fridays @ 10:00am, no cost.

Yoga w/Alicia – Non-cardio, basic yoga movements for all skill levels, offered on Wed @ 9:45am. There is a \$7 fee required to be paid to the instructor.

Yogalates – If you enjoy yoga and/or pilates, this is the class for you! This mat class utilizes strengthening exercises and basic yoga poses with correct breathing techniques to improve balance, flexibility, and strength – Offered on Mon @ 10:40am.

Zumba – This class is based on instrumental rhythms and low impact movements designed to improve coordination, balance and range of motion. It can be done sitting or standing, or a combination of both – Offered on Mon @ 1:00pm & Fri @ 1:30pm.

*It is recommended to consult with your physician prior to participating in classes which require physical activity.
Additional fitness classes are offered virtually to those who cannot/choose not to attend in person.
Contact us to learn more (910) 798-6450.*