

Cardio

Elder Circle Offerings:

Contact: (218)999-9233

YMCA Offerings:

Contact: (218)327-1161

- **Cardio Lift**
 - A 20 minute cardio dance and 35 minutes of strength training in a group setting. Great for all levels

- **SilverSneakers® Circuit**
 - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position

Majestic Pines Offerings:

Contact: (218) 999-7776

- **Zumba**
 - Zumba fitness fuses international rhythms with easy-to-follow dance moves. It's a fun and effective fitness class that feels more like a night out dancing than a workout. (*Moderate*)

If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at www.getfititasca.org/contactus with the details!