

The 5 Best Studio Fitness Classes for Seniors at In-Shape Family Fitness



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In-Shape Family Fitness is a family-friendly place to move your body and build strength. They offer a variety of classes for everyone who wants to try something new and get into a new fitness routine. Among their top-notch classes at the [gyms Concord CA](#) residents love is an assortment of options for seniors.



Seniors have different needs because their bodies are at different points in life. While some seniors can order off the senior menu and still lift like no other, many just need something to ease them back into a workout routine or help them maintain their strength. There's no shame in a senior class, of course, as they're challenging and fun. Here are a few studio fitness classes perfect for seniors available at In-Shape Family Fitness.

Silver Strength

Muscle maintenance is crucial for seniors. The Silver Strength class focuses on stretching, strength, and relaxation techniques. It will help with balance and flexibility as well. The atmosphere is lighthearted and somewhat energetic, so don't be surprised if you leave the class feeling youthful and refreshed.

SilverSneakers Classic®

SilverSneakers Classic® is truly a classic choice. You can't go wrong with this studio fitness class. An instructor leads the class through low-impact exercises to increase strength, balance, and range of movement. It's great for all fitness levels, so even if you've never worked out, you can start with SilverSneakers Classic®.

Young at Heart

If you're up for a dance class, sign up for Young at Heart. This In-Shape Family Fitness studio fitness class is an aerobics class for cardiovascular fitness, muscle conditioning, and flexibility. It's perfect for folks who want to move their body in a way that feels good and lifts the spirit.

Chair Yoga

Yoga is an option for people of all ages, but sometimes, the more moderate to advanced moves can be challenging for seniors. If you're unable to get fully down on a mat, chair yoga is for you! It's a mix of standing and seated poses, so you can enjoy the benefits of yoga while reducing physical strain.

Pickleball

Pickleball is quickly becoming the most popular sport in the nation, and it's excellent for seniors, too. You can pop into an introductory [pickleball California](#) studio fitness class with In-Shape Family Fitness. They offer a variety of classes so that you can move up as your skill level increases. Just wear the right shoes with proper support for lateral movements and invest in knee or ankle braces for additional support.

If you're ready to join a studio fitness class for seniors, check out In-Shape Family Fitness. The premium health club has the gyms Concord and other cities rely on for a great experience, and don't forget In-Shape Family Fitness also has the best [pools in Sacramento](#) open during the summer. There are senior aquatic classes, too. You can move your body, build and maintain strength, and join a community of people who want to improve their quality of life.

Learn more about studio fitness classes for seniors at In-Shape Family Fitness, and visit <https://www.inshape.com/>

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