Which class is best for me?

**At a beginner fitness level**
- Better Backs
- Better Balance
- Exercise Rx 1 or 2
- Flex Fit
- Good Health, New Vitality*
- Pima Personal Exercise Program
- Tai Chi
- Yoga for Health
- Zumba Gold Express

**At a moderate fitness level**
- Barre
- Better Backs
- Better Balance
- Exercise Rx 3
- Flex Fit
- Good Health, New Vitality*
- Pima Personal Exercise Program
- Tai Chi
- Yoga for Health
- Zumba

**At an advanced fitness level**
- Barre
- Better Backs
- Exercise Rx 3
- Flex Fit
- Good Health, New Vitality*
- Tai Chi
- Yoga for Health
- Zumba

**An older adult (50+)**
- Matter of Balance*
- Better Backs
- Better Balance
- Good Health, New Vitality*
- Pima Personal Exercise Program
- Exercise Rx 1 or 2
- Flex Fit
- Tai Chi
- Yoga for Health
- Zumba Gold Express

**A child (age)**
- Barre (14+)
- Flex Fit
- MEND (7-13)*
- Pima Personal Exercise Program
- Tai Chi (14+)
- Yoga for Health (14+)
- Zumba (14+)

**Trying to prevent or manage chronic disease**
- Diabetes Empowerment*
- Good Health, New Vitality*
- MEND (kids ages 7-13)*
- Weight Management*
- Any fitness class based on age and fitness level
- El Rio Community Choir

*Indicates patient must register before attending program