

*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