



Medical Fitness Center **LAND CLASSES**

All classes can be modified to each participant's fitness abilities. Please talk to an MFC staff member to see which classes would work best with your fitness level and goals.

Class Descriptions

High Intensity Interval Training (HIIT)

A total body workout focusing on cardiovascular exercise with alternating short periods of strength training and balance for fall prevention.

Chair Yoga

This class is a dynamic and flowing style of yoga that links breath and movement through a creative series of postures. It balances strength and flexibility while cultivating mindfulness through a continuous flow. The chair is used for stability and balance. Most poses are seated in the chair or standing with the chair for support rather than using a mat.

Total Body Chair

This is an energetic, total body strength training class using the chair for stability and balance. Most exercises are seated in the chair or standing behind the chair. The class incorporates balance, strength, and flexibility.

Vinyasa Yoga

This mat class is a dynamic and flowing style of yoga that links breath and movement through a creative series of postures. It balances strength and flexibility while cultivating mindfulness through a continuous flow.

SLIM: Strengthen and Lengthen Your Muscles with Intensity and Mindfulness

This class brings together yoga and Pilates principals to help create a strong body. It focuses on core and posture while strengthening the entire body and mind.

Exercise Surprise

Join us for a whole-body workout that focuses on strength, posture, cardio, flexibility, and fall prevention.

Please see our monthly calendar for the Land Class schedule. [UPMC.com/CentralPaMFC](https://www.upmc.com/CentralPaMFC)