

# SilverSneakers Exercise Class Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>10:00 a.m.</b> <b>SilverSneakers Classic</b>	<b>10:00 a.m.</b> <b>SilverSneakers Circuit</b>	<b>10:00 a.m.</b> <b>SilverSneakers Classic</b>	<b>10:00 a.m.</b> <b>Zumba Gold</b>	<b>10:00 a.m.</b> <b>SilverSneakers Circuit</b>
<b>11:00 a.m.</b> <b>Cardio Fit</b>		<b>11:00 a.m.</b> <b>Cardio Fit</b>		<b>11:00 a.m.</b> <b>SilverSneakers Yoga</b>

## Cardio Fit

This 45-55 minute aerobics class is safe, heart-healthy, and gentle on the Joints. The work-out includes easy-to-follow low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

## SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

### **SilverSneakers Classic**

**Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.**

### **SilverSneakers Yoga**

**SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.**

### **Zumba Gold**

**This 30 minute class is designed to take into consideration the physical needs associated with older adults. This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!**