

SilverSneakers Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. SilverSneakers Classic	10:00 a.m. SilverSneakers Circuit	10:00 a.m. SilverSneakers Classic	10:00 a.m. Zumba Gold	10:00 a.m. SilverSneakers Classic
11:00 a.m. Cardio Fit	5:00 p.m. Splash	11:00 a.m. Cardio Fit		11:00 a.m. SilverSneakers Yoga

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.

Splash

Splash offers fun, shallow-water movement to improve health. No swimming ability required! A SilverSneakers Splashboard is used to improve strength, balance, and coordination. Limited to 10 participants. Water shoes are recommended but not required.

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!