



Fall Class Schedule

Oct. 2 - Dec. 29



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Silver Sneakers Classic 10:15am-11:00am or 11:15am-12:00pm	Silver Sneakers Circuit 9:00am - 9:45 am Silversplash 10:15am-11:00am or Silversplash 11:15am - 12:00pm	Silver Sneakers Yoga 11:00am-11:45am	Silver Sneakers Circuit 9:00am - 9:45 am Silversplash 10:15am-11:00am or Silversplash 11:15am - 12:00pm	Silversplash 10:15am-11:00am Silver Sneakers Classic 10:30am - 11:15am

CLASS DESCRIPTIONS

Classic - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing with handles, & a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

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.

SilverSplash - offers lots of fun shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required & a special Silver Sneakers kickboard is used to develop strength, balance & coordination.

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