

SILVERSNEAKERS®

Fitness Class Schedule December 2018



MONDAY

10:45-11:30am SS Yoga

Gil

1:00-1:45pm SS Circuit

Jen

TUESDAY

8:45-9:15am SS Circuit

Jen

10:45-11:30am SS Classic

Val

WEDNESDAY

10:45-11:30am SS Yoga

Molly

11:45-12:30pm SS Classic **New**

Val/Nancy

1:00-1:45pm SS Circuit

Jen

THURSDAY

8:45-9:15am SS Circuit

Jen

10:45-11:30am SS Classic

Nancy

Friday

10:45-11:30am SS Circuit

Jen

1:00-1:45pm SS Stability

Jen

- ◆ Classes on this schedule require pre-registration
- ◆ Classes **FREE** to SilverSneakers Insurance Participants
- ◆ Member Class fee \$8.00/month
- ◆ Non-Member class fee is \$16.00/month

SilverSneakers®

Class Descriptions

SilverSneakers Classic

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low impact exercises alternating with standing upper body strength work with hand held weights, elastic tubing and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Stability

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.

SilverSneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can 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.