



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SILVERSNEAKERS®

Land & Aquatic Fitness Class Schedule

FALL 2021

September, October & November

MONDAY

9:00-10:00am Splash Patricia
10:30-11:15am Classic Jill

TUESDAY

8:15-9:00am Circuit Jill
10:30-11:15am Yoga Kerry
2:00-3:00PM Splash Toni **NEW**

WEDNESDAY

9:00-10:00am Splash Patricia
10:30-11:15am Classic Jill

THURSDAY

9:00-10:00am Splash Toni **NEW**
10:30-11:15am Yoga Kerry

FRIDAY

8:15-9:00am Circuit Ashlee

Classes are FREE to SilverSneakers
Insurance Participants

Member Class Fee \$8.00/Month

Non-Member Class Fee
\$16.00/Month

SilverSneakers Splash Meets in the Rec
Pool

Questions? Contact Jen Rosnau, Health and Wellness Director
jrosnau@superiorymca.org, 715-392-5611 EXT 115

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.

SILVERSNEAKERS SPLASH

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SILVERSNEAKERS kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class is held in the Rec Pool.