

# SILVERSNEAKERS®

## Land & Aquatic Fitness Class Schedule June, July, & August 2021



### MONDAY

9:00am-10:00am Splash

Patricia

11:00am-11:45am Classic

Jill

### TUESDAY

8:00am-8:45am Circuit

Jill

11:00am-11:45am Yoga

Matt

### WEDNESDAY

9:00am-10:00am Splash

Patricia

11:00am-11:45am Classic

Jill

### THURSDAY

11:00am-11:45am Yoga

Matt

### Friday

8:00am-8:45am Circuit

Ashlee

2:00pm-2:45pm Stability

Matt

- ◆ Classes on this Schedule Require Pre-registration
- ◆ Classes FREE to SilverSneakers Insurance Participants
- ◆ Member Class Fee \$5.00/Month
- ◆ Non-Member Class Fee \$10.00/Month
- ◆ Non-Member Class Fee Not available at this time
- ◆ \*SilverSneakers Splash Meets in the Rec Pool

# 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.