

## Group Fitness for Active Seniors!

### Fit at ANY Age!

#### Benefits Include:

Alleviate Arthritis Symptoms ~ Lower Blood Pressure ~ Decrease Blood Sugar ~ Improve Oxygen to Body ~ Improve Balance & Coordination ~ Improve Muscle Strength ~ Give Body Great Mobility ~ Make Motion More Fluid in Joints ~ Burn Fat and Help Fight Weight Gain ~ Meet New Friends, Learn New Things ~ Get Involved with Health Fairs & Social Events!

Monday	Tuesday	Wednesday	Thursday	Friday
10:30-11:15  Lisa		10:30-11:00 Gentle Cycle Lisa	10:30-11:15 Gentle Strength (Fitness Floor) Garrett	9:30-10:15  Meghan
11:15-12:00  Meghan	11:30-12:00  Meghan	11:15-12:00  Lisa	11:15-12:00  Meghan	

## CLASS DESCRIPTIONS

**Gentle Cycle:** The focus is on proper pedaling technique, form and alignment, and perfecting leg symmetry with variations in intensity as well as standing versus seated cycling. You will be coached through the workout with an emphasis on cues to improve alignment, technique, and muscle focus.

**Gentle Strength:** A 45 min full body workout utilizing the strength training machines on the main fitness floor. Instructor led to ensure proper technique, weight selection, and equipment use.

**Silver & Fit®:** This class is for moderately active older adults who exercise in some way, one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance.

**SilverSneakers® Circuit** - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using handheld weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

**Silver Sneakers® 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. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Silver Sneakers® Yoga Stretch:** A gentle form of yoga that can be done from a mostly seated position or using a chair as a prop. This class incorporates the breathing and mind-body benefits of a traditional class, with a focus on improving flexibility, posture, and balance.

**ZUMBA Gold®** - Designed for the active older adult or true beginner, ZUMBA Gold focuses on balance, range of motion, and coordination. Join this low impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life.





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	<b>8:30-9:30</b>  Jennifer	<b>8:30-9:30</b> <b>Blended</b> Jodie	<b>8:30-9:30</b>  Kerry	<b>8:30-9:30</b> <b>Blended</b> Emily
<b>10:30-11:15</b>  Lisa		<b>10:30-11:15</b>  Lisa	<b>10:30-11:15</b> <b>Gentle Strength</b> (Fitness Floor) Meghan	<b>9:30-10:15</b>  Meghan
<b>11:15-12:00</b>  Meghan	<b>11:30-12:00</b>  Meghan		<b>11:15-12:00</b> <b>Gentle Yoga</b> Meghan	

## CLASS DESCRIPTIONS

**Blended:** Strengthen, tone, firm and add muscle tone. This class incorporates freestyle step and freestyle weight training followed by mat work.

**BodyFlow:** This class is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to create a holistic workout that brings the body into a state of harmony & balance.

**Gentle Strength:** A 45 min full body workout utilizing the strength training machines on the main fitness floor. Instructor led to ensure proper technique, weight selection, and equipment use.

### Gentle Yoga

A gentle form of yoga that can be done from a mostly seated position or using a chair as a prop. Floor options will be given. This class incorporates the breathing and mind-body benefits of a traditional class, with a focus on improving flexibility, posture, and balance.

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