

SilverSneakers® Class Schedule

Sunday				
Monday	8:00-8:50am Classic Aerobic Room			
Tuesday				
Wednesday	8:00-8:50am Classic Aerobic Room			
Thursday				
Friday	8:00-8:50am Classic Aerobic Room			
Saturday				

SilverSneakers class descriptions:

Classic: is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Circuit: offers safe and effective nonimpact aerobic activity plus upper-body strength work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

CardioFit: this low-impact aerobics class is safe, heart-healthy and gentle on the joints. It includes easy-to-follow aerobic movement, upper-body strength work, abdominal conditioning, stretching, and relaxation exercises.

Yoga: offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity.

Splash: the SilverSneakers water exercise class, is a fun, refreshing, non-impact workout using a SilverSneakers kickboard for stability and balance. You don't need to know how to swim.