

SILVER SNEAKERS CLASS SCHEDULE EFFECTIVE 2/21/17



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Classic Julie	9:00 Classic Kim	9:00 BOOM Kim	9:00 Stacy Classic	9:00 Rotation Rotation
10:15 Julie Classic	10:15 Kim Circuit	10:15 AM Classic Julie	10:15 Stacy Classic	10:15 Rotation Rotation

*Classes with an average attendance of 10 or less are subject to cancellation
 Schedule subject to change without notice*

Classic

Have fun and move to the music through a variety of exercises designed to increase muscle 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 used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles 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.

Boom-Muscle and Mind

Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

Boom Muscle

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

Boom Mind

Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.