



## SilverSneakers® and Active Older Adult Fitness Classes

**Fees:**  
 SilverSneakers® and Silver&Fit® Member: Free  
 Member: Free  
 Associate and Non-member: \$6 per class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:30-10:15am</b> SilverSneakers® Classic <i>Marianne</i>	<b>10:45-11:30am</b> Senior Yoga <i>Danielle</i>	<b>11:00-11:45am</b> SilverSneakers® Circuit <i>Carolyn</i>	<b>11:00-11:45am</b> SilverSneakers® Classic <i>Carolyn</i>	<b>10:45-11:30am</b> Zumba® Gold <i>Angie T.</i> <b>NO CLASS 12/23            OR 12/30</b>
<b>10:45-11:30am</b> SilverSneakers® Classic <i>Angie T.</i>				

### CLASS DESCRIPTIONS

**SilverSneakers® Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using hand-held 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.

**Zumba® Gold** - Zumba Gold modifies the moves and pacing of Zumba to suit the needs of the active older adult, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

**Senior Yoga** - Enjoy standing and seated (in a chair) strength and balance work with the mindset of improving daily function. Gentle movements and stretching will also be incorporated to encourage joint and muscle flexibility. *Class participants will NOT be required to perform exercises on the floor.*