



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Silver Sneakers® / AOA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 a.m. Tai Chi \$ (Eric) (CR)	9:00 a.m. SS Yoga/Stretch (Terri) (CR)	9:00 a.m. Tai Chi \$ (Eric) (CR)		9:00 a.m. Tai Chi \$ (Eric) (CR)	
	10:15 a.m. Gentle Fitness (Christy) (GX)	10:15 a.m. Strength/Stretch (Caren) (GX)	10:15 a.m. Gentle Fitness (Christy) (GX)	10:15 a.m. Gentle Yoga Kim (GX)	10:15 a.m. Gentle Fitness (GX)	
	10:30am SS Cardio Circuit Rhonda	10:30 a.m. SS ROM (Christy) (CR)		10:30 a.m. SS-ROM (Christy) (CR)	10:30 a.m. SS-ROM (Christy) (CR)	
					11:30 a.m. SS Cardio Circuit (Rhonda) (CR)	

(CR) Community Room (GX) Group Exercise Room (\$) Extra Charge for Class

Silver Sneakers® / AOA Class Descriptions

Gentle Fitness (GF) : Formatted to improve your function in daily activities by building your stamina, balance, coordination, and strength.

Silver Sneakers (SS) Cardio Circuit: A step down from gentle fitness. This Silver Sneakers class focuses on cardiovascular endurance, balance, coordination, and muscular strength and conditioning at a slower temp. Exercise is done both in a chair and on your feet.

Silver Sneakers (SS) Range of Motion (ROM): A step down from Silver Sneakers Cardio Circuit. This class is designed to increase strength, range of movement, agility, balance, and coordination. Participants should improve their functional capabilities, physical fitness level, and sense of well being.

Strength and Stretch: First you will strengthen your muscles and then stretch them out.

Gentle Yoga: A therapeutic, meditative way to ease in to yoga. By offering modifications and variations this class makes Yoga more accessible to individuals with physical limitations.

SS-Yoga/ Stretch: This program will allow you to safely perform a variety of yoga postures and positions while using the support of the chair. Move your body through poses that will increase your flexibility, balance and range of motion!