



HEALTHY LIVING & SILVERSNEAKERS® PROGRAMS

STRENGTH, CARDIO & YOGA CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Cardio Fit® Liz	Yoga for Healthy Aging Kathy	Boom Move It®/ Boom Muscle® Nicole	Yoga for Healthy Aging Carolee	Cardio Circuit® Liz
8:30 am				Silver Cycling* Liz	
9:00 am	Cardio Fit® Liz	Yoga® Abby	Boom Move It®/ Boom Muscle® Nicole	Yoga® Barbara	Cardio Circuit® Liz
10:00 am	Classic® Abby		Classic® Abby	Zumba Gold®* Elizabeth	Classic® Abby

All classes are held the in DOWNSTAIRS studio unless marked with an *

AQUATIC EXERCISE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 am	SilverSplash® Abby	Aqua Circuit Abby	SilverSplash® Abby	Aqua Interval Abby	SilverSplash® Abby
8:15 am	Aqua Interval Abby		Aqua Endurance Abby		Aqua Circuit Abby
11:00 am	Aquanastics Barbara	Aquanastics no instructor	Aquanastics Barbara	Aquanastics Barbara	Aquanastics Barbara
5:30 pm			Aqua Zumba Elizabeth		

CLASS DESCRIPTIONS

Aqua Circuit- Increase your aerobic endurance, muscular strength and core stability while exercising to music. This class emphasizes proper form and posture while alternating between aerobic periods (3-4 minutes) and strength periods (1-2 minutes) using aqua bells. It ends with a wonderful stretch to increase flexibility.

Aqua Endurance- Moving to music, increase your aerobic endurance, strength and core stabilization while you move through the water for longer periods of time using cross country skiing, jogging movements, jumping jacks and more. The use of resistance equipment will enhance your overall fitness level while keeping joints safe with low-to-no impact movements. Finally, enjoy Pilates stretching to round out this total body workout.

Aqua Interval- (HIIT) Alternate short periods of intense exercise with less-intense recovery periods using music. The buoyant properties of water allow you to work at a higher level with less impact on your body. You have the option of using noodles and aqua bells in your warm down finishing with stretching for an exhilarating workout.

Aquanastics- Combine the buoyant properties of water with movements from Yoga, Pilates, weightlifting and calisthenics with and without noodles, aqua bells, boards and weights to increase strength and range of motion.

Aqua Zumba- Take the dance party to the pool with the fun of Latin music of Zumba and the added resistance of water. Water shoes or socks highly recommended.

Silver Cycling- Ride at a slower pace in this indoor group cycling class that incorporate weights, bands and balls.

Silver Sneakers Boom Move It- Burn calories and get your heart pumping in this high-intensity dance workout. Don't worry about getting every step perfect, just have fun and improve your cardio endurance and strength during this 30-minute workout.

Silver Sneakers Boom Muscle- Improve upper body conditioning in this 30-minute class that includes sports-inspired exercises focusing on different muscle groups during "blocks." Tone your muscles and build overall strength in MUSCLE.

SilverSneakers® Cardio Fit- Focus on building upper-body and core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair,

SilverSneakers® Circuit- Move to non-impact standing choreography alternated with safe, fun and effective exercises for upper-body strength work. A chair is used for support during standing sequences.

SilverSneakers® Classic- Strengthen muscles and increase range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

SilverSneakers® Splash- Increase strength and endurance in this fun, shallow-water exercise class using a signature splash-board. Splash is suitable for all skill levels and is safe for non-swimmers.

SilverSneakers® Yoga- Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Yoga for Healthy Aging- Target your flexibility, range of motion, balance and mind-body integration in this Yoga class.

Zumba Gold®- Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party geared for seniors. It's exercise in disguise.