

Please see signage for updated classes during holidays and other events.

SilverSneakers® CLASS SCHEDULE



WellnessCenter
NavicentHealth

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Group Fitness Room 2 (Gym)</u></p> <p><u>10:30 am</u> Cardio</p> <p><u>11:30 am</u> Classic</p> <p><u>12:30</u> Circuit</p>	<p><u>Group Fitness Room 2 (Gym)</u></p> <p><u>12:00 Noon</u> Yoga</p>	<p><u>Group Fitness Room 2 (Gym)</u></p> <p><u>10:30 am</u> Cardio</p> <p><u>11:30 am</u> Circuit</p> <p><u>12:30</u> Classic</p>	<p><u>Group Fitness Room 2 (Gym)</u></p> <p><u>12: 00 Noon</u> Yoga</p>	<p><u>Group Fitness Room 2 (Gym)</u></p> <p><u>11:00</u> Cardio</p> <p><u>12:00 noon</u> Circuit</p> <p><u>Pool Class</u> <u>11:30 am</u> Splash</p>

Class Courtesy Policy: Please arrive ON TIME to participate in class as a courtesy for other members and as a safety consideration.

Classic (*level beginner*) Have fun and move to the music through a variety of exercises designed to increase muscular 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 available if needed for seated or standing support.

Circuit (*level beginner-intermediate*) Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Cardio (*level intermediate to advanced senior fitness*) Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Yoga (*multi level*) SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Splash (*multi level*) Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.