



Senior Classes

July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		Senior Circuit with Nina PACE		Senior Circuit with Beth PACE	
9:15 am	SilverSneakers® Muscular Strength and Range of Motion with Bonnie/Yoga Room		SilverSneakers® Muscular Strength and Range of Motion with Nina/Yoga Room		SilverSneakers® Muscular Strength and Range of Motion with Nina/Yoga Room
10:00 am	Bone Dense, Heart Smart with Kaylee/ Aerobics Room		Bone Dense, Heart Smart with Kaylee/ Aerobics Room		Bone Dense, Heart Smart with Kaylee/ Aerobics Room
10:15 am	Seniors in Motion with Annie/Yoga Room	Prime Time Plus with Nina/Yoga Room	Seniors in Motion with Anita/Yoga Room	Prime Time Plus with Nina/Yoga Room	Seniors in Motion with Nina/Yoga Room
11:15 am	SilverSneakers® CardioCircuit with Anita/Yoga Room		SilverSneakers® CardioCircuit with Anita/Yoga Room		SilverSneakers® CardioCircuit with Annie/Yoga Room
12:15 pm	SilverSneakers® YogaStretch with Sandra/Yoga Room		SilverSneakers® YogaStretch with Anita/Yoga Room		SilverSneakers® YogaStretch with Anita/Yoga Room
1:30 pm				Dance For Fun w/MaryEllen	

Class Descriptions

Senior Circuit:

A light level P.A.C.E. (progressive aerobic circuit exercise) class modified to fit your individual needs. Build a little more strength and stamina at your own PACE!

Prime Time Plus:

This class offers a well rounded hour of exercise beginning in the Yoga Room with 5-10 minutes of warm up,. Next comes 25 minutes of cardio and weight machines. Our instructor is present to demonstrate, instruct, and answer questions about proper usage of machines. You'll especially enjoy 25 minutes of concluding stretching to leave you flexible and refreshed.

Seniors in Motion:

This fun & exciting class is designed around simple movements that are done in or around a chair. Up-beat music, social interaction & laughter all combine for a great fitness opportunity. You'd be amazed what a great workout you'll get

Bone Dense, Heart Smart:

Enhance bone density, improve balance and strength along with a great aerobic workout for your heart.

Senior Stretch & Senior Stretch on the Ball:

Basic Yoga & stretching exercises for older adults. All exercises are done in or around a chair to increase flexibility, balance & stability...Join us for a wonderful complement to your fitness program.

SilverSneakers®:

"Muscular Strength and Range of Movement"

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®:

"CardioCircuit"

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 non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers®:

YogaStretch"

YogaStretch 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 postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Meet our instructors:

Anita Frank

Beth Munsterteiger

Bonnie Maynard

Nina Polk

Laurie Roberts

Kaylee Harris

Annie Taylor



Senior Class Schedule



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