



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS SCHEDULE

	Time	Class	Location	Instructor
Monday	6:15 AM	Early Bird	Old Board Room	Volunteer
	9:00 AM	SilverSneakers	Community Room	Jennifer
	10:00 AM	AIM	Group Fitness Room	Susan S.
	10:00 AM	Chair Yoga	Community Room	Sissy
	10:30 AM	Intro to Country Line Dance	Suzanna	Gym
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	 COUNTRY FUSION FITNESS	Group Fitness Room	Suzanna
	11:00 AM	BAM!	Community Room	Sissy
Tuesday	9:00 AM	SilverSneakers	Community Room	Kay
	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Amber
	10:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	Gentle Motion Tai Chi	Yoga & Pilates Room	Carissa
	11:30 AM	SilverSneakers	Community Room	Rachel
Wednesday	6:15 AM	Early Bird	Old Board Room	Volunteer
	9:00 AM	SilverSneakers	Community Room	Jennifer
	10:00 AM	AIM	Group Fitness Room	Carisa
	10:00 AM	Chair Yoga	Community Room	Amber
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	 COUNTRY FUSION FITNESS	Group Fitness Room	Suzanna
Thursday	9:00 AM	SilverSneakers	Community Room	Kay
	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Carisa
	10:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	Gentle Motion Tai Chi	Yoga & Pilates Room	Carissa
	11:30 AM	SilverSneakers	Community Room	Rachel
Friday	6:15 AM	Early Bird	Old Board Room	Volunteer
	9:00 AM	SilverSneakers	Community Room	Jennifer
	10:00 AM	AIM Strength	Group Fitness Room	Suzanna
	10:00 AM	Chair Yoga	Community Room	Amber
	10:30 AM	Intro to Country Line Dance	Bonnie	Gym
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Amber
	11:00 AM	Country Line Dance	Group Fitness Room	Bonnie

Descriptions

AIM- Adults In Motion! An exercise class designed to incorporate cardiovascular training, flexibility, strength and balance.

Chair Yoga- Perfect for beginning yoga students and those with physical challenges who find it difficult to get on and off the floor as required in a traditional yoga class. The postures are chosen to protect joints, strengthen balance and increase range of movement.

Intro to Country Line Dance – Come learn the basic steps of Country line dance!

Country Line Dance – An aerobic fitness workout centered around Country Line Dance.

Early Bird- Old school calisthenics workout

LaBlast Dance Fitness- Partner-free dance fitness class created by Louis van Amstel (Dancing with the Stars) This fun dance class is accessible for all levels and will take you thru a full array of dance styles!

SilverSneakers- 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. A chair is used for seated or standing support.

Silver Spin- Beginner Spin targeting the Active Older Adult, but great for any level!

Simply Stretch- This class is designed to increase flexibility with the use of simple stretches, gentle yoga and balance

Total Body Strength & Conditioning – The ultimate full body workout for all fitness levels. Strength Training combined with cardio to get your heart pumping and your muscles burning.

Gentle Motion Tai Chi – A Gentle movement class adapting Tai Chi postures to improve balance, strength and Flexibility