



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ACTIVE OLDER ADULTS SCHEDULE

|                  | <b>Time</b> | <b>Class</b>       | <b>Location</b>     | <b>Instructor</b> |
|------------------|-------------|--------------------|---------------------|-------------------|
| <b>Monday</b>    | 6:15 AM     | Early Bird         | Old Board Room      | Volunteer         |
|                  | 9:00 AM     | Silver Sneakers    | Community Room      | Jennifer          |
|                  | 10:00 AM    | AIM                | Group Fitness Room  | Susan S.          |
|                  | 10:00 AM    | Chair Yoga         | Community Room      | Sissy             |
|                  | 11:00 AM    | Simply Stretch     | Yoga & Pilates Room | Rachel            |
|                  | 11:00 AM    | Country Fusion     | Group Fitness Room  | Suzanna           |
|                  | 11:00 AM    | BAM!               | Community Room      | Sissy             |
|                  | 12:15 PM    | Silver Sneakers    | Community Room      | Linda             |
| <b>Tuesday</b>   | 9:00 AM     | Silver Sneakers    | 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    | YoChi              | Yoga & Pilates Room | Sissy             |
|                  | 11:00 AM    | Country Fusion     | Group Fitness Room  | Kim               |
|                  | 11:30 AM    | Silver Sneakers    | Community Room      | Connie            |
| <b>Wednesday</b> | 6:15 AM     | Early Bird         | Old Board Room      | Volunteer         |
|                  | 9:00 AM     | Silver Sneakers    | Community Room      | Jennifer          |
|                  | 10:00 AM    | AIM                | Group Fitness Room  | Dona              |
|                  | 10:00 AM    | Chair Yoga         | Community Room      | Rachel            |
|                  | 11:00 AM    | Simply Stretch     | Yoga & Pilates Room | Rachel            |
|                  | 11:00 AM    | Country Fusion     | Group Fitness Room  | Suzanna           |
|                  | 12: 15 PM   | Silver Sneakers    | Community Room      | Linda             |
| <b>Thursday</b>  | 9:00 AM     | Silver Sneakers    | 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    | YoChi              | Yoga & Pilates Room | Sissy             |
|                  | 11:00 AM    | Country Fusion     | Group Fitness Room  | Kim               |
|                  | 11:30 AM    | Silver Sneakers    | Community Room      | Connie            |
|                  | 6:30 PM     | Country Fusion     | Group Fitness Room  | Kim               |
| <b>Friday</b>    | 6:15 AM     | Early Bird         | Old Board Room      | Volunteer         |
|                  | 9:00 AM     | Silver Sneakers    | Community Room      | Jennifer          |
|                  | 10:00 AM    | AIM Strength       | Group Fitness Room  | Suzanna           |
|                  | 10:00 AM    | Chair Yoga         | Community Room      | Amber             |
|                  | 10:00 AM    | Simply Stretch     | Yoga & Pilates Room | Connie            |
|                  | 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.

**Country Line Dance/Country Fusion** – An aerobic fitness workout centered around Country Line Dance.

**Early Bird-** Old school calisthenics workout

**SilverSneakers-** Have fun and move to 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

**AIM Strength** – 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

**BAM!** – 30 mins of cardio drumming that will raise your heart rate while improving coordination and focus, as well as core and arm strength!