



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>	<b>6:15 AM</b>	<b>Early Bird</b>	<b>Board Room</b>	<b>Volunteer Led</b>
	<b>9:00 AM</b>	<b>SilverSneakers</b>	<b>Butler-Mason</b>	<b>Jennifer</b>
	<b>10:00 AM</b>	<b>AIM</b>	<b>Group Fitness Room</b>	<b>Rachel</b>
	<b>10:00 AM</b>	<b>Chair Yoga</b>	<b>Community Room</b>	<b>Sissy</b>
	<b>11:00 AM</b>	<b>Country Line Dance</b>	<b>Group Fitness Room</b>	<b>Bonnie</b>
<b>Tuesday</b>	<b>9:15 AM</b>	<b>Silver Spin</b>	<b>Spin Room</b>	<b>Rachel</b>
	<b>10:00 AM</b>	<b>Chair Yoga</b>	<b>Community Room</b>	<b>Lucretia</b>
	<b>10:00 AM</b>	<b>Simply Stretch</b>	<b>Yoga &amp; Pilates Room</b>	<b>Rachel</b>
	<b>11:00 AM</b>	<b>Dance Cardio Soul</b>	<b>Group Fitness Room</b>	<b>Narvareaz</b>
	<b>11:30 AM</b>	<b>SilverSneakers</b>	<b>Community Room</b>	<b>Rachel</b>
<b>Wednesday</b>	<b>6:15 AM</b>	<b>Early Bird</b>	<b>Board Room</b>	<b>Volunteer Led</b>
	<b>9:00 AM</b>	<b>SilverSneakers</b>	<b>Butler-Mason</b>	<b>Jennifer</b>
	<b>10:00 AM</b>	<b>AIM</b>	<b>Group Fitness Room</b>	<b>Emma</b>
	<b>10:00 AM</b>	<b>Chair Yoga</b>	<b>Community Room</b>	<b>Lucretia</b>
	<b>11:00 AM</b>	<b>Country Line Dance</b>	<b>Group Fitness Room</b>	<b>Bonnie</b>
	<b>11:15 AM</b>	<b>Let's Move!</b>	<b>Community Room</b>	<b>Erin</b>
<b>Thursday</b>	<b>9:15 AM</b>	<b>Silver Spin</b>	<b>Spin Room</b>	<b>Rachel</b>
	<b>10:00 AM</b>	<b>Chair Yoga</b>	<b>Community Room</b>	<b>Lucretia</b>
	<b>10:00 AM</b>	<b>Simply Stretch</b>	<b>Yoga &amp; Pilates</b>	<b>Rachel</b>
	<b>11:00 AM</b>	<b>Dance Cardio Soul</b>	<b>Group Fitness Room</b>	<b>Narvareaz</b>
	<b>11:30 AM</b>	<b>SilverSneakers</b>	<b>Community Room</b>	<b>Rachel</b>
<b>Friday</b>	<b>6:15 AM</b>	<b>Early Bird</b>	<b>Community Room</b>	<b>Volunteer Led</b>
	<b>9:00 AM</b>	<b>SilverSneakers</b>	<b>Butler-Mason</b>	<b>Jennifer</b>
	<b>10:00 AM</b>	<b>AIM</b>	<b>Group Fitness Room</b>	<b>Emma</b>
	<b>10:00 AM</b>	<b>Chair Yoga</b>	<b>Community Room</b>	<b>Lucretia</b>
	<b>11:00 AM</b>	<b>Country Line Dance</b>	<b>Group Fitness Room</b>	<b>Bonnie</b>

### Class 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** – An aerobic fitness workout centered around Country Line Dance.

**Early Bird-** Old school calisthenics workout

**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!

**Zumba Soul-** All the fun and energy of a Zumba class, but at a less intense pace.

**Lets Move-**Skills and Drills to avoid a Spill! Work on coordination, special awareness and basic movements that are part of daily living