



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
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	Country Line Dance	Group Fitness Room	Suzanna
Tuesday	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	10:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:15 AM	Dance Cardio Soul	Group Fitness Room	Narvareaz
	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	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	Country Line Dance	Group Fitness Room	Suzanna
Thursday	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Let's Move and Stretch	Community Room	Kay
	10:00 AM	Simply Stretch	Yoga & Pilates	Rachel
	11:15 AM	Dance Cardio Soul	Group Fitness Room	Narvareaz
	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	Total Body Strength & Conditioning	Group Fitness Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Simply Stretch	Yoga & Pilates Room	Rachel
	11:00 AM	Country Line Dance	Group Fitness Room	Bonnie

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 and Stretch -Skills and Drills to avoid a Spill! Work on coordination, special awareness and basic movements that are part of daily living while incorporating stretch and relaxation of Chair yoga

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

*Make sure to check out the Aquatics Class Schedule!

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!