



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	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 Fusion	Group Fitness Room	Suzanna
	11:00 AM	BAM!	Community Room	Sissy
<b>Tuesday</b>	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
	11:00 AM	Country Fusion	Group Fitness Room	Kim
	11:30 AM	SilverSneakers	Community Room	Rachel
6:30 PM	Country Fusion	Group Fitness Room	Kim	
<b>Wednesday</b>	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	Group Fitness Room	Suzanna
<b>Thursday</b>	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
	11:00 AM	Country Fusion	Group Fitness Room	Kim
	11:30 AM	SilverSneakers	Community Room	Rachel
6:30 PM	Country Fusion	Group Fitness Room	Kim	
<b>Friday</b>	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
	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!