



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Silver Sneakers SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00am SILVER SNEAKERS: <u>CIRCUIT</u> .....	10:15-11:15am SILVER SNEAKERS: <u>CLASSIC</u> .....		10:15-11:15m SILVER SNEAKERS: <u>CLASSIC</u> .....		
11:00a-12:00p SILVER SNEAKERS: <u>Classic</u>	11:15-12:15am SILVER SNEAKERS: <u>YOGA</u>	11:00a-12:00p SILVER SNEAKERS: <u>CIRCUIT</u>	11:15-12:15am SILVER SNEAKERS: <u>YOGA</u>		

\*Silver Sneakers classes are available to all Y members



## Class Description

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### SilverSneakers Classic

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. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

### SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.