



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Silver Sneakers

## SCHEDULE Interim Week 3

| Monday<br>08/19 | Tuesday<br>08/20              | Wednesday<br>08/21 | Thursday<br>08/22 |
|-----------------|-------------------------------|--------------------|-------------------|
|                 |                               |                    |                   |
|                 | 10:15—11:15am<br>Silver & Fit |                    |                   |
|                 | 11:15-12:15pm<br>Gentle Yoga  |                    |                   |
|                 |                               |                    |                   |

\*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.