





February 2019

Active Older Adults Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 SS Circuit 9 & 10 SS Classic 11	2
3	4 Evangelical Heart Health 10am SS Circuit 9 & 10 SS Classic 11	5 Sweat N Step 10:00 SS Yoga 10:45 Painting Workshop Pre-register!	6 SS Circuit 9 & 10 SS Classic 11	7 Sweat N Step 10:00 SS Yoga 10:45	8 SS Circuit 9 & 10 SS Classic 11	9
10	11 SS Circuit 9 & 10 SS Classic 11	12 Sweat N Step 10:00 SS Yoga 10:45	13 SS Circuit 9 & 10 SS Classic 11	14 Wear Red/Pink Sweat N Step 10:00 SS Yoga 10:45	15 SS Circuit 9 & 10 SS Classic 11	16
17	18 SS Circuit 9 & 10 SS Classic 11	19 Sweat N Step 10:00 SS Yoga 10:45	20 SS Circuit 9 & 10 SS Classic 11	21 Sweat N Step 10 SS Yoga 10:45 Pizza & Movie 11:45 \$5 	22 SS Circuit 9 & 10 SS Classic 11	23
24	25 SS Circuit 9 & 10 SS Classic 11	26 Sweat N Step 10:00 SS Yoga 10:45	27 Blood Pressure Check 9:30-11  SS Circuit 9 & 10 SS Classic 11	28 Sweat N Step 10:00 SS Yoga 10:45		

Low impact Classes

Great for beginners and active older adults

SilverSneakers® Classic (45 minutes)

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers® Yoga (45 minutes)

Move through a whole-body series of seated and standing yoga poses and breathing exercises. 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.

SilverSneakers® Circuit (45 minutes)

Offers standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Sweat & Step (30-40 minutes)

Low impact cardio alternating with basic step cardio. Using a step is optional.