



January 2019

Active Older Adults Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year!	Jan. 2 No 9:00 class SS Circuit 10 SS Classic 11 With Deb	Jan. 3 Sweat N Step 10:00 SS Yoga 10:45	Jan. 4 SS Circuit 9 & 10 SS Classic 11	5
6	7 SS Circuit 9 & 10 SS Classic 11	8 Sweat N Step 10:00 SS Yoga 10:45	9 SS Circuit 9 & 10 SS Classic 11	10 Sweat N Step 10:00 SS Yoga 10:45	11 SS Circuit 9 & 10 SS Classic 11	12
13	14 SS Circuit 9 & 10 SS Classic 11	15 Sweat N Step 10:00 SS Yoga 10:45	16 Lunch –Noon At The Old Turnpike SS Circuit 9 & 10 SS Classic 11 	17 Sweat N Step 10:00 SS Yoga 10:45	18 SS Circuit 9 & 10 SS Classic 11	19
20	21 SS Circuit 9 & 10 SS Classic 11	22 Sweat N Step 10:00 SS Yoga 10:45	23 Blood Pressure Check 9:30-11 SS Circuit 9 & 10 SS Classic 11 	24 Sweat N Step 10:00 SS Yoga 10:45	25 SS Circuit 9 & 10 SS Classic 11	26
27	28 SS Circuit 9 & 10 SS Classic 11	29 Sweat N Step 10:00 SS Yoga 10:45	30 SS Circuit 9 & 10 SS Classic 11	31 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. Use of a step is optional.