








May 2019

Active Older Adults Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 20 at 10:00am – Healthy Living for your Brain and Body Presentation by Alzheimer’s Association 			1 SS Circuit 9 & 10 SS Classic 11	2 Sweat N Step 10:00 SS Yoga 10:45	3 SS Circuit 9 & 10 SS Classic 11	4
5	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 Sweat N Step 10:00 SS Yoga 10:45	10 SS Circuit 9 & 10 SS Classic 11	11
12	13 SS Circuit 9 & 10 SS Classic 11	14 Sweat N Step 10:00 SS Yoga 10:45	15 Lunch at Larry’s Pizza –noon, Movie to follow at the Y SS Circuit 9 & 10 SS Classic 11 	16 Sweat N Step 10:00 SS Yoga 10:45	17 SS Circuit 9 & 10 SS Classic 11	18
19	20 Alzheimer’s Presentation 10:00 SS Circuit 9 & 10 SS Classic 11 	21 No 10:00 Class SS Yoga 10:45	22 Blood Pressure Check 9:00–11 SS Circuit 9 & 10 SS Classic 11 	23 Sweat N Step 10:00 SS Yoga 10:45	24 SS Circuit 9 & 10 SS Classic 11	25
26	27 Happy Memorial Day 	28 Sweat N Step 10:00 SS Yoga 10:45	29 SS Circuit 9 & 10 SS Classic 11	30 Sweat N Step 10:00 SS Yoga 10:45	31 SS Circuit 9 & 10 SS Classic 11	

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 30 (30 minutes)

Low impact cardio workout. (March, knee lifts, hamstring curls, step forward and back...)

Sweat & Step (30-40 minutes)

Low impact cardio alternating with basic step cardio.