



# SilverSneakers® 2010 Class Schedule

DAY	TIME	CLASS	INSTRUCTOR
<b>Sunday</b>	10:00am	MSROM	Desiree
	11:00am	YogaStretch	Desiree
	12:30pm	SilverSplash	Desiree
<b>Monday</b>	8:00am	Cardio Circuit	Soad
	9:00am	MSROM	Soad
	10:00am	Cardio Circuit	Bonnie
	11:00am	MSROM	Tami
<b>Tuesday</b>	9:00am	Cardio Circuit	Bonnie
	10:00am	MSROM	Bonnie
<b>Wednesday</b>	8:00am	Cardio Circuit	Soad
	9:00am	MSROM	Elaine
	10:00am	Cardio Circuit	Elaine
	11:00am	Silver Strut*	Bonnie
	1:00pm	YogaStretch	Desiree
<b>Thursday</b>	9:00am	Cardio Circuit	Desiree
	10:00am	MSROM	Desiree
	3:00pm	SilverSplash	Bonnie
<b>Friday</b>	8:00am	Cardio Circuit	Desiree
	9:00am	MSROM	Elaine
	10:00am	Cardio Circuit	Tami
	11:00am	MSROM	Tami

*SilverSneakers® Muscular Strength & Range of Motion* (previously called *SilverSneakers I*) is a class designed to increase muscular strength, range of motion and functional activities for daily living.

*SilverSneakers® Cardio Circuit* (previously called *SilverSneakers II*) is a standing class alternating segments of non-impact cardio work with muscular strength and flexibility exercises.

*SilverSneakers® YogaStretch* improves flexibility, balance, lower body strength and overall well-being. Exercises are performed either seated in a chair or standing and include postures, stretching and movement combined with restorative breathing.

*SilverSneakers® SilverSplash* is a group water fitness class that utilizes the properties of water to increase agility, range of motion and cardiovascular conditioning. SilverSplash kickboards are specially designed to develop strength, balance and coordination. No swimming ability is required for participants to get wet, be strong and meet new friends!

\***Silver Strut** is not part of the *SilverSneakers®* class programming. It is recommended for the experienced, conditioned participant. It includes fast-paced aerobic exercise for 30 minutes with minimal breaks followed by muscular strength training and stretching.

**For all class formats, please observe the following procedures:**

- Please check in at table and scan card on wall directly outside Social Hall up to 15 minutes before class. (*Except SilverSplash*)
- If you are joining the class for the first time, please make sure to let the instructor upon arrival.
- Walk-ins are welcome! With room for 42 participants, ***we rarely need to turn anyone away!***
- For safety of all participants, please wait for a safe opportunity to enter and exit room after class begins.
- Wear supportive, fitness shoes.
- Bring a bottle of water and your smile!
- Please contact Bonnie Livingston at 412-278-4184, ext. 262, or [blivingston@jccpgh.org](mailto:blivingston@jccpgh.org) if you have questions or concerns.