

SENIOR ADULT GROUP EXERCISE CLASSES

Revised 05/2010

<u>MONDAY</u>	<u>CLASS</u>	<u>TEACHER</u>		
<u>LOCATION</u>	<u>FEE</u>			
9:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No
	Fee* for SilverSneakers® Members			
10:00 am	SilverSneakers® Cardio Circuit	Desiree	Levinson B	No
	Fee* for SilverSneakers® Members			
11:00 am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	No
	Fee* for SilverSneakers® Members			
	New Class 11:00 am New Energy	Linda W.	KDS	
	\$1/class – Book of 10 coupons \$10**			
<u>TUESDAY</u>				
9:00 am	SilverSneakers® MS ROM	Linda	Levinson B	No
	Fee* for SilverSneakers® Members			
10:00 am	SilverSneakers® MS ROM	Don	Levinson B	No
	Fee* for SilverSneakers® Members			
11:00 am	SilverSneakers® Cardio Circuit	Don	Levinson B	No
	Fee* for SilverSneakers® Members			
1:00 pm	SilverSneakers® MS ROM	Holly	Levinson B	No
	Fee* for SilverSneakers® Members			
<u>WEDNESDAY</u>				
9:00 am	SilverSneakers® Yoga Stretch	Beth	Levinson B	No
	Fee* for SilverSneakers® Members			
10:00 am	Strong Seniors	Holly	Levinson B	
	\$1/class – Drop in – pay at the class			
10:00 am	Senior Aerobics	Sara	KDS	
	\$1/class – Book of 10 coupons \$10**			
1:00 pm	Senior T'ai Chi	Doris	KDS	\$30 –
	10 classes***			
1:45 pm	Beginner T'ai Chi	Doris	KDS	
	\$1/class – Drop in – pay at the class			
<u>THURSDAY</u>				
9:00 am	SilverSneakers® Cardio Circuit	Linda	Levinson B	No
	Fee* for SilverSneakers® Members			
10:00 am	SilverSneakers® MS ROM	Linda	Levinson B	No
	Fee* for SilverSneakers® Members			
11:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No
	Fee* for SilverSneakers® Members			
1:00 pm	SilverSneakers® MS ROM	Desiree	Levinson B	No
	Fee* for SilverSneakers® Members			
<u>FRIDAY</u>				
9:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No
	Fee* for SilverSneakers® Members			
10:00 am	Senior Aerobics	Connie	KDS	
	\$1/class – Book of 10 coupons \$10**			

10:15 am	SilverSneakers® Yoga Stretch Fee* for SilverSneakers® Members	Desiree	Levinson B	No
11:00am	SilverSneakers® Cardio Circuit Fee* for SilverSneakers® Members	Desiree	Levinson B	No

*No fee for SilverSneakers® members. All other participants pay \$1

**Coupons may be purchased at the Centerfit Desk

***Can be purchased in the Adult Services Office

SENIOR ADULT GROUP EXERCISE CLASS DESCRIPTIONS

SilverSneakers® - Muscular Strength & Range of Movement (MS ROM) - in Levinson Hall

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is appropriate for all fitness levels.

SilverSneakers® - Cardio Circuit - in Levinson Hall

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a **STANDING CIRCUIT WORKOUT**. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. Note: This class is for people who are comfortable **STANDING** to do exercise for 30 – 40 minutes at a time.

SilverSneakers® - Yoga Stretch - in Levinson Hall

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is appropriate for all fitness levels.

Strong Seniors - in Levinson Hall

Work your total body using hand-held weights and optional ankle weights. A chair is offered for seated and/or standing support. This class is appropriate for all fitness levels.

T'ai Chi – in Kaufmann Dance Studio (KDS)

A series of slow movements that build strength, balance, and flexibility, while promoting the flow of energy through the body, and reducing pain, stress, and anxiety.

New Energy/Senior Aerobics – in Kaufmann Dance Studio (KDS)

Low impact aerobics accompanied by stretching and toning exercises for legs, arms, and waist. Note: This class is for people who are comfortable **STANDING** to do exercise for 30 – 40 minutes at a time.

FOR ALL SILVERSNEAKERS® CLASSES, PLEASE OBSERVE THE FOLLOWING PROCEDURES:

- Please **sign in** and **scan your card** on the wall directly outside Levinson Hall **BEFORE** entering class.
- **Please sign ONLY YOUR name. YOU MAY NOT SIGN UP FRIENDS.**
- Walk-ins are welcome! No advanced reservations are taken. We rarely need to turn anyone away!
- **FOR SAFETY OF ALL PARTICIPANTS, WHEN CLASSES ARE IN SESSION, PLEASE STAND AWAY FROM THE DOORS AND WAIT FOR A SAFE OPPORTUNITY TO ENTER ROOM. PLEASE DO NOT BLOCK THE ENTRANCE OR THE CARD READER OUTSIDE THE CLASSROOM.**
- **Sneakers** that cover your entire foot are the **ONLY** appropriate footwear.
- Bring a bottle of water and your smile!