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## SENIOR ADULT GROUP EXERCISE CLASSES

	<u>MONDAY</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>LOCATION</u>	<u>FEE</u>
<b>NEW!</b>	9:00 am	SilverSneakers® Cardio Circuit	Holly	Levinson B	No Fee* - Advance Registration Required
	10:00 am	SilverSneakers® MS ROM	Kathy	Levinson B	No Fee* - Advance Registration Required
	11:00 am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	No Fee* - Advance Registration Required
	11:00 am	Senior Aerobics	Kathy	KDS	\$1/class – Book of 10 coupons \$10**
	<b><u>TUESDAY</u></b>				
	9:00 am	SilverSneakers® MS ROM	Linda	Levinson B	No Fee* - Advance Registration Required
	10:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No Fee* - Advance Registration Required
	11:00 pm	SilverSneakers® Cardio Circuit	Holly	Levinson B	No Fee* - Advance Registration Required
	1:00 pm	SilverSneakers® MS ROM	Maureen	Levinson B	No Fee* - Advance Registration Required
	<b><u>WEDNESDAY</u></b>				
	9:00 am	SilverSneakers® Yoga Stretch	Nitsa	Levinson B	No Fee* - Advance Registration Required
	10:00 am	Strong Seniors	Nitsa	Levinson B	\$1/class – Drop in – pay at the class
	10:00 am	Senior Aerobics	Connie	KDS	\$1/class – Book of 10 coupons \$10**
	1:00 pm	Senior Ta'i Chi	Doris	KDS	\$30 – 10 classes***
	1:45 pm	Beginner Ta'i Chi	Doris	KDS	\$1/class – Drop in – pay at the class
	<b><u>THURSDAY</u></b>				
	9:00 am	SilverSneakers® Cardio Circuit	Linda	Levinson B	No Fee* - Advance Registration Required
	10:00 am	SilverSneakers® MS ROM	Linda	Levinson B	No Fee* - Advance Registration Required
	11:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No Fee* - Advance Registration Required
	1:00 pm	SilverSneakers® MS ROM	Desiree	Levinson B	No Fee* - Advance Registration Required
	<b><u>FRIDAY</u></b>				
<b>NEW!</b>	9:00 am	SilverSneakers® MS ROM	Holly	Levinson B	No Fee* - Advance Registration Required
	10:00 am	Senior Aerobics	Connie	KDS	\$1/class – Book of 10 coupons \$10**
	10:15 am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	No Fee* - Advance Registration Required

\*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**

### **Silver Sneakers® - 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.

### **Silver Sneakers® - 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.

### **Silver Sneakers® - 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.

### **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.

### **Ta'i Chi – in Kaufman Dance Studio**

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.

### **Senior Aerobics**

Low impact aerobics accompanied by stretching and toning exercises for legs, arms, and waist.

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

- Please check in and scan your card on the wall directly outside Levinson Hall **BEFORE** entering class.
- **Rosters for the next week's class will be made weekly from those participants who SWIPE their cards upon entry of each class. YOU MAY NOT SIGN-UP FRIENDS.**
- If you would like to attend a class for which you are not on the roster, you may reserve a spot by calling Holly Carter at 412-521-8011, ext. 225, by e-mailing [hcarter@jccpqh.org](mailto:hcarter@jccpqh.org), or by stopping by the Adult Services Office (RM 201) and asking for the class you would like to attend.
- Walk-ins are welcome! Members on the roster will have priority seating until **5 minutes** before class, at which time all remaining seats will be released. 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 AND EXIT ROOM.**
- Wear supportive fitness shoes.
- Bring a bottle of water and your smile!