



# Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 a.m.</b>	SilverSneakers® II Cardio Circuit (Perri)		SilverSneakers® II Cardio Circuit (Perri)			
<b>9:30 a.m.</b>	<b>Senior Stretch</b> (Jamie)	SilverSneakers® I Class: Muscular Strength (Kendra)	SilverSneakers® I Class: Muscular Strength (Sophie)	SilverSneakers® I Class: Muscular Strength (Perri)	SilverSneakers® I Class: Muscular Strength (Perri)	SilverSneakers® I Class: Muscular Strength (Kendra)
<b>10:30 a.m.</b>			<b>Senior Stretch</b> <b>10:30-11:00</b> (Sophie)		<b>Senior Stretch</b> <b>10:30-11:00</b> (Perri)	

## Class Descriptions

### SilverSneakers® I – Muscular Strength & Range of Motion

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.

### SilverSneakers® II – Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper Body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### Senior Stetch

Increase your range of movement and flexibility through standing exercises and floor work on mats. Use of a stability ball, a regular ball, and exercise tubing is included for added benefits.