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| Stretch / Posture Class | Monday and Friday | 8:15 to 8:45 a.m. |
| SilverSneakers® Yoga | Monday and Wednesday | 10:30 to 11:30 a.m. |
| SilverSneakers® Classic | Tuesday, Thursday and Saturday | 9:30 to 10:30 a.m. |
| Drums Alive Gold | Wednesday | 9:30 to 10:30 a.m. |
| BOOM® MOVE IT | Thursday | 8:30 to 9:00 a.m. |
| BOOM® MUSCLE | Thursday | 9:00 to 9:30 a.m. |
| Core and Balance Class | Friday | 9:15 to 9:45 a.m. |
| Strength and Stability Class | Tuesday | 10:30 to 11:30 a.m. |
| | Friday | 10:00 to 11 a.m. |

Class Descriptions

SilverSneakers® Classic

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers® Yoga

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.

BOOM® MOVE IT

A dance workout class that improves cardio endurance and burns calories starting with simple dance moves then building into more complex sequences.

BOOM® MUSCLE

Muscle incorporates athletic based moves that improve upper body conditioning. Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength.

Core and Balance Class

You are never too old to play! This fun-filled activity class challenges the components that keep you upright and maintain balance. Activities focus on improving posture, core strength and stabilization, as well as mind-body awareness. This is **NOT** designed for those who are **currently At-Risk** for falling.

Drums Alive Gold

Combine movement with the powerful beat and rhythms of drumming for an amazing workout!

Strength and Stability

Small group class designed to eliminate functional deficits, prevent injury, and optimize proper movement skills. Prescribed exercises focus on joint stabilization, improved muscular strength, endurance and flexibility, as well as improved core strength and stability.