



# SilverSneakers® and Active Older Adult Fitness Classes Fall 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:30-10:15 am</b> SilverSneakers® Classic <i>Marianne</i> Level 1	<b>9:30-10:15 am</b> Fall Prevention <i>Angie</i> Level 1/2		<b>10:00-10:45 am</b> SilverSneakers® Circuit <i>Sherrye</i> Level 2	<b>10:30-11:15 am</b> Zumba® Gold <i>Angie</i> Level 2
<b>10:45-11:30 am</b> SilverSneakers® Classic <i>Angie</i> Level 1	<b>10:30-11:15am</b> Senior Yoga <i>Angie</i> Level 1	<b>12:15-1:00 pm</b> Zumba® Gold <i>Angie</i> Level 2		
		<b>1:15-2:00 pm</b> SilverSneakers® Classic <i>Angie</i> Level 1	<b>NEW! Class sign-up required. Classes run in 4-week sessions. Please sign up to reserve your spot by calling, stopping by the front desk, or online through our website.</b>  <i>Fees: SilverSneakers® and Silver&amp;Fit® Member: Free, PCC Member: Free, Associate and Non-member: \$6 per class</i>	



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## CLASS DESCRIPTIONS

**SilverSneakers® Classic** - 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. (Level 1)

**SilverSneakers® Circuit** - Combine fun and fitness to increase your cardiovascular and muscular endurance 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. (Level 2)

**Zumba® Gold** - Zumba Gold modifies the moves and pacing of Zumba to suit the needs of the active older adult, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. (Level 2)

**Senior Yoga** - Enjoy standing and seated (in a chair) strength and balance work with the mindset of improving daily function. Gentle movements and stretching will also be incorporated to encourage joint and muscle flexibility. *Class participants will NOT be required to perform exercises on the floor.* (Level 1)

**Fall Prevention** - Stay active and reduce your risk and fear of a fall. This class is designed to improve mobility, stability, and mechanical power in older adults. The class will improve one's confidence and independence by finding, holding, and working through stability and balance movements. (Level 1/2)

### **Key:**

Level 1: Beginner

Level 2: Intermediate

New members must take a beginner class 3 times before moving to an intermediate class.

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