



SilverSneakers® and Active Older Adult Fitness Classes Winter 2022

***NEW CLASS* Starting March 15th
Senior Yoga - Tuesday @ 11:00 am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:15 am SilverSneakers® Classic <i>Marianne</i> Level 1			10:00 - 10:45 am SilverSneakers® Circuit <i>Sherrye</i> Level 2	10:30 - 11:15 am Zumba® Gold <i>Angie</i> Level 2
10:45 - 11:30 am SilverSneakers® Classic <i>Marianne</i> Level 1	11:00 - 11:45 am Senior Yoga <i>Diana</i> Level 1	12:15 - 1:00 pm Zumba® Gold <i>Angie</i> Level 2		
			No Longer Requiring Class Registration *First Come, First Serve* Please Remember to Sign-in on the Attendance Sheets <i>Fees: SilverSneakers®, Silver&Fit® Renew Active, Member: Free, PCC Member: Free, Associate and Non-member: \$6 per class</i>	



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CLASS DESCRIPTIONS

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)

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)

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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