



Class Descriptions

SilverSneakers® Classic (MSROM)

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

SilverSneakers® Circuit (Cardio Circuit): Have fun and really get moving to the music with this energetic cardio class! The tools from MSROM (weights, band, and chair) are still used, but ***you must be able to stand for 30 minutes and use at least 3lb weights.***

Senior Water Aerobics: Stretch and exercise using water for resistance. Low-impact aerobics will strengthen your muscles, increase flexibility and increase energy levels. Class is Tuesdays & Thursdays 10-11am and Saturdays 9-10am. \$3/ class for SS Members

Yoga: Come relax and stretch with this class specially for seniors! Work on breathing techniques for stress relief! Class by Melissa.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2018	1 CLOSED! Happy New Year!	2 Senior Fitness DVD 9:00am Yoga 10:00am DVD	3 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	4 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	5 Gillam Grant: 9:00-10:00 <i>Amanda</i> Senior Fit. 9:00am <i>Andy</i> Senior Fit. 10:00am <i>Andy</i>	6 Senior Water Aerobics 9:00 am	
7	8 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	9 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	10 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	11 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	12 Gillam Grant: 9:00-10:00 <i>Andy</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	13 Senior Water Aerobics 9:00 am	
14	15 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	16 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	17 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	18 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	19 Gillam Grant: 9:00-10:00 <i>Andy</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	20 Senior Water Aerobics 9:00 am	
21	22 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	23 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	24 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	25 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	26 Gillam Grant: 9:00-10:00 <i>Andy</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	27 Senior Water Aerobics 9:00 am	
28	29 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	30 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	31 Gillam Grant: 9:00-10:00 <i>Vanessa</i> Senior Fit. 9:00am <i>Hannah</i> Senior Fit. 10:00am <i>Hannah</i>	January Senior Fitness			