



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
	<p style="font-size: 2em; color: white;">February Senior Fitness</p>			<p style="text-align: center;">1</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">2</p> <p>Gillam Grant: 9:00—10:00 Andy Senior Fit. 9:00am Bryan Senior Fit. 10:00am Bryan</p>	<p style="text-align: center;">3</p> <p>Senior Water Aerobics 9:00 am</p>
4	<p style="text-align: center;">5</p> <p>Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Bryan Classic 10:00am Bryan</p>	<p style="text-align: center;">6</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">7</p> <p>Gillam Grant: 9:00—10:00 Vanessa Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">8</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">9</p> <p>Gillam Grant: 9:00—10:00 Andy Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">10</p> <p>Senior Water Aerobics 9:00 am</p>
11	<p style="text-align: center;">12</p> <p>Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy</p>	<p style="text-align: center;">13</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">14</p> <p>Gillam Grant: 9:00—10:00 Vanessa Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">15</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">16</p> <p>Gillam Grant: 9:00—10:00 Andy Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">17</p> <p>Senior Water Aerobics 9:00 am</p>
18	<p style="text-align: center;">19</p> <p>Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy</p>	<p style="text-align: center;">20</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am DVD</p>	<p style="text-align: center;">21</p> <p>Gillam Grant: 9:00—10:00 Vanessa Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">22</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">23</p> <p>Gillam Grant: 9:00—10:00 Andy Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>	<p style="text-align: center;">24</p> <p>Senior Water Aerobics 9:00 am</p>
25	<p style="text-align: center;">26</p> <p>Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy</p>	<p style="text-align: center;">27</p> <p>Senior Fitness DVD 9:00am</p> <p style="text-align: center;">Yoga 10:00am Stacey</p>	<p style="text-align: center;">28</p> <p>Gillam Grant: 9:00—10:00 Vanessa Senior Fit. 9:00am Hannah Senior Fit. 10:00am Hannah</p>			