



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 standing support.

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
<h1>April 2017</h1>						1 Senior Water Aerobics 9:00 am
2	3 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Kaitlyn</i> Classic 10:00am <i>Kaitlyn</i> Greens 11:00am <i>Vanessa</i>	4 Senior Fitness 9:00am <i>Kayla</i> Yoga 10:00am <i>Stacey</i>	5 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Kaitlyn</i> Classic 10:00am <i>Kaitlyn</i>	6 Senior Fitness 9:00am <i>Kayla</i> Yoga 10:00am <i>Kayla</i>	7 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Kaitlyn</i> Classic 10:00am <i>Kaitlyn</i>	8 Senior Water Aerobics 9:00 am
9	10 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i> Greens 11:00am <i>Vanessa</i>	11 Senior Fitness 9:00am <i>Kayla</i> Yoga 10:00am <i>Kayla</i>	12 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	13 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Kayla</i>	14 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	15 Senior Water Aerobics 9:00 am
16 CLOSED Happy Easter! 	17 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i> Greens 11:00am <i>Vanessa</i>	18 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i>	19 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	20 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i> Lunch & Learn @ 11:15am	21 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	22 Senior Water Aerobics 9:00 am
23/30	24 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i> Greens 11:00am <i>Vanessa</i>	25 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i>	26 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	27 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i>	28 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	29 Senior Water Aerobics 9:00 am