



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
<h1>September Senior Fitness</h1>					1 Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	2 Senior Water Aerobics 9:00 am
3	4 CLOSED Happy Labor Day!	5 Senior Fitness DVD 9:00am Yoga DVD 10:00am	6 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	7 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	8 Gillam Grant: 9:00—10:00 <i>Amanda</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	9 Senior Water Aerobics 9:00 am
10	11 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Celeste</i> Classic 10:15am <i>Celeste</i>	12 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i>	13 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:15am <i>Celeste</i>	14 Senior Fitness 9:00am <i>Celeste</i> Yoga 10:00am <i>Stacey</i>	15 Gillam Grant: 9:00—10:00 <i>Andy</i> Circuit 9:00am <i>Celeste</i> Classic 10:00am <i>Celeste</i>	16 Senior Water Aerobics 9:00 am
17	18 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:15am <i>Vanessa</i>	19 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	20 Gillam Grant: 9:00—10:00 <i>Vanessa</i> Circuit 9:00am <i>Andy</i> Classic 10:15am <i>Vanessa</i>	21 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	22 Gillam Grant: 9:00—10:00 <i>Amanda</i> Circuit 9:00am <i>Andy</i> Classic 10:00am <i>Andy</i>	23 Senior Water Aerobics 9:00 am
24	25 Gillam Grant: 9:00—10:00 <i>Vanessa</i> *No Circuit* Classic 10:15am <i>Vanessa</i>	26 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	27 Gillam Grant: 9:00—10:00 <i>Vanessa</i> *No Circuit* Classic 10:15am <i>Vanessa</i>	28 Senior Fitness DVD 9:00am Yoga 10:00am <i>Stacey</i>	29 Gillam Grant: 9:00—10:00 <i>Amanda</i> Circuit DVD 9:00am Classic DVD 10:00am	30 Senior Water Aerobics 9:00 am