



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	
1 	2 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Celeste Classic 10:15am Celeste	3 Senior Fitness 9:00am Celeste Yoga DVD 10:00am Stacey	4 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	5 Senior Fitness 9:00am Celeste Yoga 10:00am Stacey	6 Gillam Grant: 9:00–10:00 Amanda Circuit 9:00am Andy Classic 10:00am Andy	7 Senior Water Aerobics 9:00 am	
8	9 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	10 Senior Fitness DVD 9:00am Yoga DVD 10:00am Stacey	11 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	12 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	13 Gillam Grant: 9:00–10:00 Amanda Circuit 9:00am Andy Classic 10:00am Andy	14 Senior Water Aerobics 9:00 am	
15	16 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	17 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	18 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	19 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	20 Gillam Grant: 9:00–10:00 Amanda Circuit 9:00am Andy Classic 10:00am Andy	21 Senior Water Aerobics 9:00 am	
22	23 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	24 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	25 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	26 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	27 Gillam Grant: 9:00–10:00 Amanda Circuit 9:00am Andy Classic 10:00am Andy	28 Senior Water Aerobics 9:00 am	
29	30 Gillam Grant: 9:00–10:00 Vanessa Circuit 9:00am Andy Classic 10:15am Andy	31 Senior Fitness DVD 9:00am *Costume Day!* Yoga 10:00am Stacey		<h1>October Senior Fitness</h1>			