



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>November Senior Fitness</h1>			1 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Hannah Classic 10:00am Hannah	2 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	3 Gillam Grant: 9:00—10:00 Andy Circuit 9:00am Hannah Classic 10:00am Hannah	4 Senior Water Aerobics 9:00 am
			5	6 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	7 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	8 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Hannah Classic 10:00am Hannah
12	13 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	14 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	15 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Hannah Classic 10:00am Hannah	16 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	17 Gillam Grant: 9:00—10:00 Andy Circuit 9:45am Hannah Lunch & Learn Classic 10:15am Hannah	18 Senior Water Aerobics 9:00 am
19	20 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	21 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	22 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Hannah Classic 10:00am Hannah	23 CLOSED! Happy Thanksgiving!	24 OPEN 7am—3pm ONLY! Circuit 9:00am Andy Classic 10:00am Andy	25 Senior Water Aerobics 9:00 am
26	27 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Andy Classic 10:00am Andy	28 Senior Fitness DVD 9:00am Yoga 10:00am Stacey	29 Gillam Grant: 9:00—10:00 Vanessa Circuit 9:00am Hannah Classic 10:00am Hannah	30 Senior Fitness DVD 9:00am Yoga 10:00am Stacey		