

# SilverSneakers/Silver & Fit Classes

All classes in Silver Room

**HOURS:** Mon. – Thu. 5:30am – 9pm, Fri. 5:30am – 8pm , Sat. & Sun. 7am– 6pm **310-374-3426, ext. 147**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10–11am</b> Easy Goes It Instructor: Cheryl	<b>8:00–8:55am</b> Tai Chi Instructor: Marc	<b>8:30–9:20am</b> SilverSneakers® Classic Instructor: Debbie*	<b>9:30am–10:25pm</b> Silver Cardio Instructor: Carrie K./ Manuela	<b>8–8:40am</b> Tai Chi for Arthritis Instructor: Marc	<b>11–11:55am</b> Silver Balance Circuit Instructor: Cheryl
<b>12:15–1:10pm</b> SilverSneakers® Classic Instructor: Cheryl	<b>9:15–10:10am</b> Silver Cardio Circuit Instructor: Carrie K.	<b>11:30am–12:25pm</b> Easy Goes It Instructor: Cheryl	<b>11:50–12:45pm</b> Silver Stretch Instructor: Umeko	<b>8:45–9:45am</b> SilverSneakers® Classic Instructor: Debbie T.*	<b>Noon–1:15pm</b> Silver Strength & Stretch Instructor: Cheryl
<b>1:15–2:10pm</b> SilverSneakers® Circuit Instructor: Manuela	<b>11:30am–12:25pm</b> Silver Stretch Instructor: Umeko	<b>12:30–1:25pm</b> SilverSneakers® Circuit Instructor: Cheryl	<b>1–1:55pm</b> SilverSneakers® Circuit Instructor: Bobbi*	<b>9:45–10:45am</b> Easy Goes It Instructor: Debbie T.*	
<b>2:15–3:10pm</b> YOGA Stretch Instructor: Susan G.	<b>12:30–1:25pm</b> SilverSneakers® Circuit Instructor: Debbie T.	<b>1:30–2:25pm</b> Silver Stretch Instructor: Cheryl		<b>1–1:55pm</b> SilverSneakers® Classic Instructor: Cheryl	
				<b>2–2:45pm</b> Silver Stretch Instructor: Cheryl	

\* New instructor

Updated 8-21-18

# CLASS DESCRIPTIONS

**EASY GOES IT:** A low intensity, low impact workout designed for those with joint challenges. Through the use of props such as weights and resistance bands you will perform exercises to help increase joint flexibility, range of motion and build muscle strength. This is the perfect class to help alleviate any aches and pains while gaining muscular strength, endurance, and improving your flexibility.

**SILVERSNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SILVERS CARDIO:** This class is designed for the active senior who likes challenging workouts and loves good music!! This class begins with a gentle warm up followed by cardio, strength exercises, band work, balance and core work. The class concludes with at least 10 to 15 minutes worth of chair work incorporating core strengthening, muscle toning and winds down with gentle stretching. Silver Cardio is fun and challenging, however is designed for Seniors of ALL Fitness Levels with suggested modifications wherever need be!

**SILVERSNEAKERS® CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SILVER STRETCH:** Designed with active older adults in mind, this class offers modifications to traditional stretch techniques in order to minimize potential stress on painful joints. Your instructor will guide you through structured stretch routines to improve posture, joint mobility, and enhance your overall feeling of wellbeing. Chairs may be used as needed in this class.

**SILVER STRENGTH & STRETCH:** This is a combination of low-impact cardio, strength and balance work, and full-body stretching, designed to give older adults everything they need in one go. The first part of the class incorporates a gentle cardiovascular workout and light stretching to warm up your muscles and joints. You'll then spend time on strength and balance work to help you stay strong and improve your posture.

Finally, you'll do a blend of stretching and mobility exercises to enhance your functional range of motion and leave you feeling relaxed, yet invigorated. Actual exercise time will be closer to 75 minutes. Please dress in loose, comfortable clothing, comfortable fitness shoes, and come prepared to enjoy a fun, social class that will definitely get you moving!

**TAI CHI:** Often described as meditation in motion, this graceful, gentle form of exercise will help to increase flexibility and balance, while promoting relaxation and stress reduction. This low impact class is beneficial to all, including pregnant women and those with joint problems. Open your lungs with deep breathing techniques as you connect mind and body, and you will leave feeling serene and refreshed.

**YOGA STRETCH:** YOGA Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.