



Active Adults 55+ Group X Fitness Schedule Effective September 28, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM *Silver Sneakers Kim Kensington 650833	8:00 AM Golden Age Yoga Tammy Kensington 650841	8:00 AM Golden Age Yoga Tammy Kensington 650841	8:00 AM *Silver Sneakers Karyn Kensington 650833	8:00 AM Golden Age Yoga Tammy Kensington 650841
9:00am *Silver Sneakers Peggy Studio B 650833	8:00 AM Active Aging Peggy Miracle Field 650834	9:00am *Silver Sneakers Kim Studio B 650833	9:00am *Silver Sneakers Katie Studio B 650833	9:00am *Silver Sneakers Rotation Studio B 650833
10:00am *Silver Sneakers Katie Kensington 650833	9:00am *Silver Sneakers Tammy Stuido B 650833	10:00am *Silver Sneakers Kim Kensington 650833	10:00am *Silver Sneakers Katie Kensington 650833	9:30 AM Chair Yoga Tammy Studio A 650842
<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: left; margin-right: 10px;"> <small>The Lemont Park District</small>  <small>Fitness & Aquatic Complex</small> </div> <div style="text-align: center;"> 10:00am *Silver Sneakers Katie Kensington 650833 </div> <div style="text-align: center; margin-left: 10px;">  <small>by Tivity Health</small> </div> </div>				10:00am *Silver Sneakers Rotation Kensington 650833
<ul style="list-style-type: none"> ▪ <i>10 Participants Per Class</i> ▪ <i>Schedule subject to change without notice</i> ▪ <i>No holding spots for other participants</i> ▪ <i>*Silver Sneakers members may only take Silver Sneakers Classes. Silver Sneakers members may upgrade to a COREFIT membership to take additional classes.</i> 				10:30 AM Tai Chi Joe Studio B 640830

Fitness Classes for Active Adults 55+

Active Aging 55+ This senior focused class is designed to increase muscle strength, range of movement, and improve activities for daily living using body weight exercises. Class will meet outdoors.

Chair Yoga 55+ Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. This class is designed for ages 55 and up.

Golden Age Yoga 55+ The main benefits of yoga include improved balance and flexibility, lower blood pressure, improved strength and energy. This class is designed for those 55 and older. Chairs will be provided but participants will also complete postures from the floor. Please bring a yoga sticky mat.

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.

Tai Chi Tai Chi is an ancient Chinese martial art that is being rediscovered here as a health exercise. This class brings the mind, body and spirit together with isometric, balance and leg strengthening exercises. Movements are executed slowly and precisely to learn proper body alignment.