



# Active Adults 55+ Group X Fitness Schddule Effective 2/1/21

updated 2.1.21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Silver Sneakers Kim Kensington 150833	8:00 AM Golden Age Yoga Tammy Studio A 150841	8:00 AM Golden Age Yoga Tammy Kensington 150841	9:00am Silver Sneakers Katie Kensington 150833	8:00 AM Golden Age Yoga Tammy Kensington 150841	9:15 AM Silver Sneakers Gina Kensington 150833
9:00am Silver Sneakers Peggy Studio B 150833	8:00 AM Active Aging Peggy Studio B 150834	9:00am Silver Sneakers Kim Studio B 150833	10:00am Silver Sneakers Katie Studio B 150833	9:00am Silver Sneakers Peggy Studio B 150833	
10:00am Silver Sneakers Katie Kensington 150833	9:00am Silver Sneakers Tammy Kensington 150833	10:00am Silver Sneakers Kim Kensington 150833		9:30 AM (45) Chair Yoga Tammy Studio A 150842	
	10:00am Silver Sneakers Katie Studio B 150833			10:00am Silver Sneakers Katie Kensington 150833	
<ul style="list-style-type: none"> <li>▪ <i>10 Participants Per Class</i></li> <li>▪ <i>Schedule subject to change without notice</i></li> <li>▪ <i>No holding spots for other participants</i></li> <li>▪ <i>Silver Sneakers members may only take Silver Sneakers Classes. Silver Sneakrs members may upgrade to a COREFIT membership to take addtional classes.</i></li> <li>▪ <i>FACE COVERINGS REQUIRED AT ALL TIMES</i></li> </ul>				10:30 AM Tai Chi Joe Studio B 140891	

## **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.