

COREFit Active Adults 55+ Fitness Schedule Effective 9.5.22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am Silver Sneakers Susan Kensington 852001	7:45am Golden Age Yoga Tammy Studio A 852002	7:00am Silver Sneakers Susan Kensington 852001	8:00am Silver Sneakers Gen Kensington 852001	7:00am Silver Sneakers Susan Kensington 852001	9:15am Silver Sneakers Gina Kensington 852001
8:00am Silver Sneakers Gen Kensington 852001	9:00am Silver Sneakers Linda Kensington 852001	8:00am Golden Age Barre Tammy Kensington 852003	9:00am Silver Sneakers Peggy Kensington 852001	7:45am Golden Age Yoga Tammy Studio A 852002	
9:00am Silver Sneakers Peggy Kensington 852001	10:00am Silver Sneakers Linda Kensington 852001	8:00am Silver Sneakers Gen Studio B 852001	10:00am Silver Sneakers Linda Kensington 852001	9:00am Silver Sneakers Peggy Kensington 852001	
		9:00am Silver Sneakers Peggy Studio B 852001		9:00am(45) Chair Yoga Tammy Studio A 852004	

- *15 Participants Per Class*
- *Schedule subject to change without notice*
- *No holding spots for other participants*
- *Silver Sneakers members may only take Silver Sneakers Classes. Silver Sneakers members may upgrade to a COREFIT membership to take additional classes.*

Fitness Classes for Active Adults 55+

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 Barre 55+ Golden Age Barre is a low impact class mixing Pilates, Dance and Yoga, no previous experience needed. The small controlled movements that take place in Barre decreases pressure on the joints, tendons, ligaments and spine by improving core strength and posture. Pilates enhances your balance, also, increasing core strength. Yoga increases your meditation practice, flexibility and balance creating a perfect combination of exercises. The assistance of a chair will be used for balance along with light weights, resistance bands, Pilates ball and a sticky yoga mat for floor work.

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.