

Sports of All Sorts~

GROUP EXERCISE DESCRIPTIONS

We now offer a wide variety of classes designed specifically for seniors which are all instructed by our Certified Senior Instructors. Please keep the level of the class in mind when choosing which class to participate in depending upon your current activity level and abilities, NOT the TIME of the class.

Your safety is very important to us!

NEW for 2021 ... per your request ~

SENIOR-STRENGTH PLUS

A NEW & MORE ADVANCED CLASS for those who desire a more challenging work out: this is a “Senior’s Boot Camp” Class. This is a **high intensity 30-MINUTE** class where you **WILL BE ON THE FLOOR** doing push-ups, Flat Chest Press, Mountain Climbers, & Plank holds.

THIS IS A GREAT CLASS THAT IS **NOT just for seniors.**

SENIOR-FIT:

“Medium-Level Class” (30-min. standing)

Increase your cardiovascular and muscular strength & endurance with a **standing circuit workout**. A chair is provided for support and balance to assist with stretching and core strength exercises. Hand-held dumbbells, elastic tubing with handles and a ball are used in addition to low-impact aerobic choreography. This class is **more advanced** than a typical *Silver Sneakers Classic* class and will provide the participants with an all-over body workout including **cardio**.

Silver Sneaker’s YOGA:

Senior’s CHAIR Yoga ~ NOT on the floor.

Participants will move through **seated and standing** Yoga poses that are designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote **stress reduction and mental clarity**. I think we can ALL use this right now!

This is a **great class that is NOT just for seniors.**

Silver Sneakers Classic:

The most gentle workout we offer:

This is an ideal place to begin for those who have NOT been exercising lately, those who have had surgeries or have recently been released from Physical Therapy.

This class is instructed mostly “seated.” You are welcome to sit the entire class or stand as often as you wish.

Have fun and move to the music through a variety of exercises designed to increase **muscular strength, range of motion, 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 standing support. There is **NO cardio component** included in this class.



CLASS SIZES are currently limited to a MAX of 15 participants following the Covid-19 restrictions and guidelines put in place to ensure your safety, health and well-being.

MINIMUM: 5 participants required

MAXIMUM: 15 participants

