

Older Adult Group Fitness

ENDORSED
BY SILVER&FIT.



HEALTHWAYS
SilverSneakers
FITNESS

SCHEDULE EFFECTIVE SEPTEMBER 10, 2018

MONDAY

9:00-10:00 am	Strength & Cardio Intervals	A	Susan
10:05-11:05 am	Advanced Senior Fit*	A	Uma
11:15 am-12:15 pm	Zumba Gold	A	Sherri

TUESDAY

9:00-9:50 am	Balance and Sweat*	A	Julianne/Steph
10:00-10:45 am	SilverSneakers Classic	A	Chris
11:05 am-12:00 pm	Chair Yoga	MB	Chris V.H.

WEDNESDAY

9:00-10:00 am	Total Body Tune-Up*	A	Melissa
10:05-11:05 am	SilverSneakers Classic	A	Janet
11:10 am-12:10 pm	Asian Fusion	MB	Janet

*ADVANCED CLASS

KEY: MB - Mind Body Studio A - Agility Room
1 - Studio 1 CS - Cycling Studio

bodyzonesports.com/olderadults

3103 Paper Mill Rd • Wyomissing • 610-376-2100

THURSDAY

NEW! 9:00-9:55 am	Corepole 'n Sculpt*	A	Susan
9:00-10:00 am	Zumba Gold - Toning	MB	Joy
NEW! 10:05-10:45 am	Senior Cycle	CS	Emily
10:05-11:05 am	Beginner Yoga	MB	Uma
11:10 am-12:00 pm	Chair Yoga	MB	Uma

FRIDAY

NEW! 9:00-10:00 am	Tai Chi/Qigong	A	Jan
11:00 am-12:00 pm	SilverSneakers Classic	A	Melissa

SATURDAY

10:15-11:15 am	Corepole 'n Sculpt*	A	Mary
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Classes are ongoing. Bring a water bottle.
Wear comfortable sneakers.

**For information about this schedule,
please contact:**

Sarah Vecchio, Director of Fitness
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610-376-2100 x330

BODY
ZONE
Sports and Wellness Complex

CLASS DESCRIPTIONS

SOMETHING MORE

Advanced Senior Fit* — A total body workout utilizing free weights and resistant tubes. There will be intervals of cardio and muscle conditioning. Be prepared to go down to the floor for mat work to focus on a strong core, working your abdominals and lower back to keep you strong for life!

Balance and Sweat* — Advanced senior class to build and test balance through strengthening muscles; doing a combination of Barre, Pilates, Yoga and conditioning, utilizing many types of equipment. This class will include exercises on the floor.

Corepole 'n Sculpt — Working as a group, exercises progress from single to multi-muscle movements using simple choreography executed on a unique fitness tool called the Corepole. Emphasis will be placed on form, technique and core awareness. Gains in strength are made utilizing the Corepole resistance bands.

Senior Cycle — This is a fun and informative cycling class with seniors' needs in mind. Music will be more rock themed. Cues and riding coaching to suit the older population.

Strength & Cardio Intervals — This class will give you a total body workout, while combining cardiovascular and muscular endurance with a standing circuit workout, alternating between cardio and strength exercises. Participants will have use of a chair to assist them if needed.

Total Body Tune-Up — A total body workout that includes 30 minutes of easy-to-follow low-impact aerobics, followed by 30 minutes of standing strength conditioning with weights and/or resistance bands, balance exercises, and standing stretches. Exercises will vary weekly to keep your muscles and your mind motivated and moving! This class is ideal for active older adults and beginning exercisers of any age.

Zumba® Gold — Zumba® blends low-impact moves with Latin dance to create a fun, energizing, calorie-burning workout. Zumba® Gold is specifically suited for active older adults and the deconditioned exerciser.

Zumba® Gold - Toning — A latin inspired dance and tone program that combines low-impact cardio with resistive exercises to improve overall performance. (1 - 2 lb weight is optional)

MIND & BODY

Asian Fusion — Practiced over 3000 years by Asians, this priceless blend of Tai Chi, Qi Gong, Yoga and Acupressure Points Tapping incorporates continuous, gentle movements to purify and rejuvenate the whole body. Demonstrated benefits include strengthening of the immune system, alleviating aches and pains, improving posture, balance, coordination, endurance and flexibility, replacing feelings of fear and anxiety with tranquility and confidence, increasing memory and mental clarity, and releasing tension from the body and mind. This class is appropriate for all, from athletes to older adults. Generally performed all standing, but participants can do the class seated if needed.

Chair Yoga — You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to be safely performed in a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing and final relaxation will finish the class.

Beginner Yoga — Caught between Chair Yoga and Yogabasics? This class is for you! It is perfect for those who are new to yoga and are looking for a slow paced, relaxing class. There will be a series of basic yoga poses practiced in both sitting and standing. *Must be able to be on knees and move up and down from the floor easily.

Tai Chi/Qigong — This class merges Tai Chi and Qigong -- with the goal of improving mind/body health. Physical benefits include improved posture, balance, coordination, endurance, and flexibility. Mental benefits include reduced stress and improved awareness and mental clarity. Continuous gentle movements combined with breathing create meditation in motion. This class is appropriate for anyone who wants to experience the benefits Tai Chi and Qigong, from athletes to older adults, but can be modified for those with movement limitations, arthritis, fibromyalgia and autoimmune conditions. Generally performed all standing, but participants can do the class seated if needed.

SILVERSNEAKERS® SIGNATURE FORMATS

SilverSneakers Classic (formerly MSROM) — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, 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.

SilverSneakers Circuit (formerly Cardio-Circuit) — Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching and complete relaxation in a comfortable position.