

# Active Aging Fitness Schedule

ENDORSED  
BY SILVER&FIT.

SCHEDULE EFFECTIVE SEPTEMBER 5, 2022



SilverSneakers®

## MONDAY

TIME	CLASS	INSTRUCTORS
10:00 - 10:50 AM	SilverSneakers Circuit	Jackie
11:00 - 11:50 AM	Zumba Gold	Sherri

## TUESDAY

TIME	CLASS	INSTRUCTORS
9:00 - 9:50 AM	SilverSneakers Classic	Chris
10:00 - 10:50 AM	Chair Yoga	Uma/Lauren

## WEDNESDAY

TIME	CLASS	INSTRUCTORS
9:00 - 9:50 AM	SilverSneakers Circuit	Edwena/Sue
10:00 - 10:50 AM	SilverSneakers Classic	Edwena
11:00 - 11:50 AM	Tai Chi Fusion	Kathy

## THURSDAY

TIME	CLASS	INSTRUCTORS
9:30 - 10:20 AM	Cardio, Stretch and Balance	Jackie

## FRIDAY

TIME	CLASS	INSTRUCTORS
9:00 - 9:50 AM	Total Body Tune-Up—ADVANCED	Sue
10:15-11:05 AM	SilverSneakers Circuit	Uma

### Ready to expand your yoga practice?

Try our NEW yoga classes upstairs in our  
Mind Body Studio and listed on our  
Main Group Fitness schedule.  
You must be able to get up and  
down from the ground.

### Reminder!

Classes on our Main Group Fitness Schedule require  
advance reservation (and are included with  
membership/SilverSneaker participation plan).

### PLEASE NOTE:

All Active Aging classes are held on  
the basketball court except for Tai Chi  
Fusion which is located upstairs  
in our Wellness Center in the  
Mind Body Studio.

For information about this schedule, please contact:

Sarah Vecchio, Director of Fitness  
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[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

**BODY**<sup>TM</sup>  
**ZONE**  
Sports and Wellness Complex

# Class Descriptions

## **Cardio, Stretch & Balance**

You'll do it all in this class! Class format consists of 25 minutes of low impact cardio and 25 minutes of balance poses and deep stretches to help increase flexibility, balance and range of movement. Class ends with restorative breathing and other relaxation exercises.

## **Chair Yoga**

Participants will engage in 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.

## **Circuit**

Have fun and work your entire body in this class! Class will focus on core exercises on a chair or mat. Modifications will be offered for all exercises.

## **Senior Fit ADVANCED**

This class is a total body workout utilizing free weights and resistant tubes. There will be intervals of cardio and muscle conditioning. Be prepared to be on the floor for mat work to focus on a strong core, as you work your abdominals and lower back to keep you strong for life.

## **Senior Strength**

This class is for people wanting to improve strength and focus on functional movements. Using dumbbells, bands and your own body weight, this class will focus solely on strength standing and seated in a chair. All fitness levels welcome.

## **SilverSneakers Classic**

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**

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 comfort-able position.

## **Tai Chi Fusion**

This class is a blend of Tai chi, Qigong, Yoga and tapping of acupressure points -- all gentle and continuous movements to purify and rejuvenate the whole body. Demonstrated benefits include strengthening of the immune system, alleviation of aches and pains, improved posture, balance, coordination and more. Class is appropriate for all, from older adults to athletes. It is performed standing but participants may sit if needed.

## **Total Body Tune-Up ADVANCED**

This class is 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.