

# Active Aging Fitness Schedule

ENDORSED  
BY SILVER&FIT.

SCHEDULE EFFECTIVE SEPTEMBER 3, 2024



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 <span>New Time</span>	Chris
10:00 - 10:50 AM	Chair Yoga	Uma

## WEDNESDAY

TIME	CLASS	INSTRUCTORS
9:00-9:50 AM	SilverSneakers Circuit <span>New Time</span>	Edwena
10:00-10:50 AM	SilverSneakers Classic <span>New Time</span>	Sadia
11:00 - 11:50 AM	Tai Chi Fusion (Sign-up required)	Kathy

## THURSDAY

TIME	CLASS	INSTRUCTORS
9:05-9:55 AM	SilverSneakers Circuit <span>New Time</span>	Edwena/Cindy
10:00-10:50 AM	Stretch and Balance <span>New Time</span>	Jackie

## FRIDAY

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



### 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:

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[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

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

# Class Descriptions

## **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.

## **Senior Tabata**

A fun and energetic workout focusing on the total body. Tabata consists of 8 sets of exercises performed for 20 seconds with 10 seconds of rest in between. Exercises will vary from cardio and strength and can be modified to adapt to any individual.

## **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 comfortable position.

## **Stretch & Balance**

Expect a good mix of stretching and balance in this class. Individuals will perform balance poses, and deep stretches to increase flexibility, balance and range of movement. Class ends with restorative breathing and other relaxation exercises.

## **Tai Chi Fusion**

This class is a blend of Tai chi, Qigong, Yoga and tapping of acupuncture 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**

This class recreates the original moves you love in our regular Zumba classes, at a lower intensity. For those who are active aging or looking for a lower impact dance and fitness class.