

# Active Aging Fitness Schedule

ENDORSED  
BY SILVER&FIT.

SCHEDULE EFFECTIVE OCTOBER 13, 2025



SilverSneakers®

## MONDAY

TIME	CLASS	INSTRUCTORS
9:00 - 9:50 AM	Advanced Senior Circuit	Sadia
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

## WEDNESDAY

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

## THURSDAY

TIME	CLASS	INSTRUCTORS
9:05-9:55 AM	SilverSneakers Circuit	Edwena/Cindy
10:00-10:50 AM	Stretch and Balance	Jackie
11:00-11:50 AM	SilverSneakers Circuit/ Stability Combo	Melissa L.

NEW!

## 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/SilverSneakers 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  
svecchio@bodyzonesports.com • 610-376-2100 x330

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

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

# Class Descriptions

## **Advanced Senior Circuit**

This energizing and challenging class is a more advanced version of our regular Silver Sneakers classes. Expect a total body workout using weights and bands and many modifications will be shown for exercises. Participants must be able to get down onto a mat for some strengthening and core work at the end of class.

## **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.

## **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.

## **SilverSneakers Stability**

This SilverSneakers class is designed specifically for older adults to enhance their balance, strength and overall stability. Focus is on improving balance and lower body strength for seniors, utilizing chair support and various exercises to enhance stability and prevent falls.

## **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.