

SilverSneakers®

WEEKLY CLASS SCHEDULE – May 28- June 30, 2023



Renew Active™ members have access to SilverSneakers® classes. Unless noted, SilverSneakers® classes are held in the FitLine Studio. SilverSneakers® and Renew Active™ gym hours are 10:00 am-6:00 pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL SilverSneakers CLASSIC <i>Karen</i> 10:30-11:30am	VIRTUAL SilverSneakers YOGA <i>Karen</i> 10:00-11:00am	VIRTUAL SilverSneakers CIRCUIT <i>Karen</i> 10:30-11:30am	VIRTUAL SilverSneakers PILATES <i>Karen</i> 10:30-11:30am	VIRTUAL SilverSneakers CLASSIC <i>Karen</i> 10:30-11:30am	VIRTUAL SilverSneakers YOGA <i>Karen</i> 10:15-11:15am	
SilverSneakers CLASSIC <i>Sheila</i> 11:30-12:30pm	VIRTUAL SilverSneakers YOGA <i>Karen</i> 11:15-12:15pm	SilverSneakers CLASSIC <i>Jimi</i> 11:30-12:30pm		SilverSneakers CIRCUIT <i>Bryan</i> 12:15-1:15pm	VIRTUAL SilverSneakers YOGA <i>Karen</i> 11:30-12:30pm	
SilverSneakers CIRCUIT <i>Jeff</i> 12:45-1:45pm	SilverSneakers TAI CHI <i>Jimi</i> 11:15-12:00pm	HYBRID CLASS! SilverSneakers TAI CHI <i>Jimi</i> 12:45-1:30pm <i>FitLine & ZOOM</i>				
	SilverSneakers CIRCUIT <i>Jimi</i> 12:15-1:15pm					

WATER FITNESS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fit <i>Jimi</i> 9:00-9:45am	Aqua Fit <i>Gail</i> 9:00-9:45am	Aqua Fit <i>Gail</i> 9:00-9:45am	Aqua Fit <i>Bryan</i> 9:00-9:45am	Aqua Fit <i>Bryan</i> 9:00-9:45am		
Aqua Fit <i>Jimi</i> 12:15-1:00pm	Aqua Fit <i>Bryan</i> 1:00-2:00pm		Aqua Fit <i>Jimi</i> 12:15-1:00pm	SilverSneakers Splash <i>Bryan</i> 10:15-11:15am		

PLEASE NOTE:

1. Reservations must be made through MindBody for Aqua Fit classes as there is a maximum number of participants per class. Instructions for using Mindbody can be found at atlantajcc.org/mindbody.
2. After the class is finished, members will need to exit the pool area unless they have an additional lane reservation.
3. **Yellow** - Denotes change to the schedule. ****Schedule is subject to change.** See MindBody for the most up-to-date class information.

Revised 5/26/2023

SILVER SNEAKERS® & WATER FITNESS



SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward meeting your health and fitness goals. Our signature classes are designed specifically for older adults and suit a wide range of needs and abilities.

Our specially-trained, certified instructors are ready to keep you moving!

SilverSneakers® CLASSIC

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility - helping you stay healthy and independent. As in other SilverSneakers classes, the instructor guides you through the exercises at your own pace.

SilverSneakers® CIRCUIT

Aerobic or cardiovascular exercise is the highlight of this workout. The class features upper-body strength exercises using hand-held weights, elastic tubing with handles, and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.

SilverSneakers® PILATES

Chair-based Pilates program designed to strengthen the abdominals, lower back and pelvic floor. Improve balance, posture, and proper breathing.

SilverSneakers® TAI CHI

Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

SilverSneakers® YOGA

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures for increased flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Aqua Fit

This cardio-based workout uses the resistance of the water to add intensity and enhance strength. Get moving while building muscle with exercises that are adaptable to your fitness and comfort levels.

SilverSneakers® and Renew Active™

Fitness Center Hours

Monday-Sunday
10:00 am-4:00 pm

Contact Information

Membership: 678.812.4060

Front Desk: 678.812.4000

Fitness Desk: 678.812.4020