



The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!



### SilverSneakers Schedule- FALL 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:15 AM	SilverSneakers CIRCUIT <i>Karen</i>		SilverSneakers CIRCUIT <i>Sara</i>		SilverSneakers CIRCUIT <i>Karen</i>	
10:30 AM		SilverSneakers YOGA <i>Karen</i> (Room 127)				SilverSneakers YOGA <i>Karen</i> (Brill Room)
11:30 AM	SilverSneakers CLASSIC <i>Maureen</i>	SilverSneakers YOGA <i>Karen</i> (Room 127)	SilverSneakers CLASSIC <i>Sara</i>	(12:00 P.M. start) SilverSPLASH <i>Sara (Indoor Pool)</i>	SilverSneakers CLASSIC <i>Karen</i>	
2:00 PM	SilverSneakers CIRCUIT <i>Karen</i>		SilverSneakers CIRCUIT <i>Karen</i>		SilverSneakers CIRCUIT <i>Karen</i>	

**\*\*All SilverSneakers classes will be located in the MARCUS GYM unless otherwise noted**

*SilverSneakers group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities.*

**SilverSneakers® CLASSIC/ formerly Muscular Strength & Range of Movement (MS ROM)**

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/ formerly Cardio Circuit**

Aerobic or cardiovascular exercise is the highlight of SilverSneakers Cardio Circuit. The class features upper-body strength workouts 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® YOGA/ formerly YogaStretch**

YogaStretch 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 designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSPLASH®**

SilverSplash offers lots of fun and shallow water moves to improve flexibility and cardio endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination.

**SilverSneakers  
Fitness Center Hours**

**Monday - Sunday  
10:00 AM - 4:00 PM**

**SilverSneakers Contact Info**

**Membership: 678-812-4060  
Front Desk: 678-812-4000  
Sports Desk: 678-812-4020**