

SILVER SNEAKERS®



WEEKLY CLASS SCHEDULE — *Fall 2019* starting Aug 12

Unless noted, SilverSneakers classes are held in the Marcus Gym. SilverSneakers gym hours are 10:00 AM-4:00 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15 AM SilverSneakers CIRCUIT <i>Karen</i>	10:30 AM SilverSneakers YOGA <i>Karen</i> <i>KFC</i>	10:15 AM SilverSneakers CIRCUIT <i>Sara</i>	12:00 PM SilverSneakers SPLASH <i>Sara</i> <i>Indoor Pool</i>	11:30 AM SilverSneakers CIRCUIT <i>Karen</i>	10:30 AM SilverSneakers YOGA <i>Karen</i> <i>Brill Rooms</i>
11:30 AM SilverSneakers CLASSIC <i>Maureen</i>	11:30 AM SilverSneakers YOGA <i>Karen</i> <i>KFC</i>	11:30 AM SilverSneakers CLASSIC <i>Sara</i>		12:45 PM SilverSneakers CLASSIC <i>Karen</i>	11:30 AM SilverSneakers YOGA <i>Karen</i> <i>Brill Rooms</i>
2:00 PM SilverSneakers CIRCUIT <i>Karen</i>		2:00 PM SilverSneakers CIRCUIT <i>Karen</i>		2:00 PM SilverSneakers CIRCUIT <i>Karen</i>	

AQUATIC FITNESS

WEEKLY CLASS SCHEDULE — *Fall 2019*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00-10:00 AM Water Fit <i>Barbara</i>	9:00-10:00 AM Water Fit <i>Nancy</i>	9:00-10:00 AM Water Fit <i>Martin</i>	9:00-10:00 AM Water Fit <i>Deanna</i>	9:00-10:00 AM Water Fit <i>Maureen</i>	No Scheduled Classes; Sunday morning 10:00 AM Water Fit ends 9/1
12:00-1:00 PM Water Fit <i>Marlene</i>	12:00-1:00 PM Water Fit <i>Sara</i>		12:00-12:45 PM Silver Splash <i>Sara</i>	12:15-1:15 PM Water Fit <i>Marlene</i>	
6:30-7:30 PM Deep H2O Cardio <i>Adrian</i>		6:30-7:30 PM Water Fit <i>Marlene</i>			

See the reverse for class descriptions, contact information, and more!

SILVER SNEAKERS® & AQUATIC 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® 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.

SilverSplash®

SPLASH 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.

Water 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.

Deep H2O Cardio

Enjoy this fast-paced water workout in the deep end. You'll travel through the water during a series of quick intervals with short recoveries between. Belts or noodles are worn to support proper posture and allow you to focus on strength & speed. All ages can participate and students are encouraged to pace themselves.

SilverSneakers® Fitness Center Hours

Monday-Sunday
10:00 am-6:00 pm

Contact Information

Membership: 678.812.4060
Front Desk: 678.812.4000
Fitness Desk: 678.812.4020