



(AUGUST) Healthy Living, Water Aerobics & Silver Sneakers Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	Silver Splash® Abby 	Aqua Circ. Abby	Silver Splash® Abby 	Aqua Interval Abby	
8:00 am		Yoga for Healthy Aging Kathy		Yoga for Healthy Aging Carolee	
8:30 am	Aqua Interval Abby		Aqua Endurance Abby		
8:30 am	Circuit® Liz 		Boom Move It® & Boom Muscle® Nicolle 		Cardio® Liz 
9:00 am		Yoga® Abby 			
10:00 am	Classic® Abby 		Classic® Abby 		Classic® Abby 



Class Descriptions

Aqua Circuit- Increase your aerobic endurance, muscular strength and core stability while exercising to music. This class emphasizes proper form and posture while alternating between aerobic periods (3-4 minutes) and strength periods (1-2 minutes) using aqua bells. It ends with a wonderful stretch to increase flexibility.

Aqua Interval- (HIIT) Alternate short periods of intense exercise with less-intense recovery periods using music. The buoyant properties of water allow you to work at a higher level with less impact on your body. You have the option of using noodles and aqua bells in your warm down finishing with stretching for an exhilarating workout.

SilverSneakers Boom Move It- Burn calories and get your heart pumping in this high-intensity dance workout. Don't worry about getting every step perfect, just have fun and improve your cardio endurance and strength during this 30-minute workout.

Silver Sneakers Boom Muscle- Improve upper body conditioning in this 30-minute class that includes sports-inspired exercises focusing on different muscle groups during "blocks." Tone your muscles and build overall strength in MUSCLE.

SilverSneakers® Cardio Fit- Focus on building upper-body and core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair,

SilverSneakers® Circuit- Move to non-impact standing choreography alternated with safe, fun and effective exercises for upper-body strength work. A chair is used for support during standing sequences.

SilverSneakers® Classic- Strengthen muscles and increase range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

SilverSneakers® Splash- Increase strength and endurance in this fun, shallow-water exercise class using a signature splash-board. Splash is suitable for all skill levels and is safe for non-swimmers.

SilverSneakers® Yoga- Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Yoga for Healthy Aging- Target your flexibility, range of motion, balance and mind-body integration in this Yoga class.