SENIOR ADULT GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am Arthritis Exercise Class Levinson B *Desiree* *Endorsed by* Silver&Fit®	9:00 am SilverSneakers® Classic Levinson B *Luisa*	9:30 am SilverSneakers® Circuit Levinson B *Desiree*	9:00 am SilverSneakers® Circuit Levinson B *Jamie*	
10:15 am SilverSneakers® Circuit Levinson B *Desiree*	10:00 am SilverSneakers® Circuit Levinson B *Jamie*	10:30 am SilverSneakers® Yoga Levinson B *Desiree*	10:00 am SilverSneakers® Classic Levinson B *Instructor*	10:00 am SilverSneakers® Yoga Levinson B *Desiree*
10:30 am Zumba Gold Kaufmann Dance Studio *Luisa* *Endorsed by* Silver&Fit®	10:45 am SilverSneakers® Splash Small Pool *Instructor*	12:00 pm Arthritis Aquatic Class Small Pool *Cathy* *Endorsed by* Silver&Fit®	10:45 am SilverSneakers® Splash Small Pool *Instructor*	11:00 am SilverSneakers® Circuit Levinson B *Desiree*
11:15 am SilverSneakers® Yoga Levinson B *Desiree*	11:00 am Namaste Yoga Levinson B *Jamie*	1:00pm All Ages T'ai Chi Kaufmann Dance Studio *Doris*	12:00 pm SilverSneakers® Yoga Levinson B *Instructor*	12:00 pm Arthritis Aquatic Class Small Pool *Instructor* *Endorsed by* Silver&Fit®
12:00 pm Arthritis Aquatic Class Small Pool *Cathy* *Endorsed by* Silver&Fit®	11:45 am Zumba Gold Kaufmann Dance Studio *Luisa* *Endorsed by* Silver&Fit®	1:45pm Senior Adult T'ai Chi Kaufmann Dance Studio *Doris*	1:00 pm SilverSneakers® Classic Levinson B *Instructor*	
	1:00 pm SilverSneakers® Classic Levinson B *Luisa*			

Updated January 1, 2017

***Participant information and prices listed on back. No Group Ex Coupons accepted. These are not Centerfit Platinum classes.**

SENIOR ADULT GROUP EXERCISE CLASS DESCRIPTIONS

Arthritis Foundation Exercise Program – in Levinson Hall (30 Min)
Exercise Program uses movements created by physical therapists that address pain and fatigue while increasing strength. Suggested donation of $1. Endorsed by Silver&Fit®

Arthritis Foundation Aquatic Class – in the Small Pool
Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. This program is certified by the Arthritis Foundation. JCC members only. Endorsed by Silver&Fit®

Namaste Yoga – in Levinson Hall
Yoga helps promote stress reduction and mental clarity. Increase flexibility, balance, and find relaxation in this brand new Yoga class. Suggested donation of $1 for this class.

SilverSneakers® - CIRCUIT - in Levinson Hall
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 a 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. Note: This class is for people who are comfortable **STANDING** to do exercise for 30 – 40 minutes at a time. **Sneakers are required.** This class is free to SilverSneakers® Members. All others pay $1 if space permits.

Zumba Gold- Kaufmann Dance Studio (KDS)
The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults. **Sneakers are required.** Free to Silver & Fit Members, all others pay $1 at the class if space permits. Endorsed by: Silver&Fit®

SilverSneakers® - CLASSIC - in Levinson Hall
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. This class is appropriate for all fitness levels. **Sneakers are required.** This class is free to SilverSneakers® Members. All others pay $1 if space permits.

SilverSneakers® SPLASH - in the Small Pool
Activate your aqua urge for variety! Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. There is no fee for this class. JCC Members only.

SilverSneakers® - Yoga - in Levinson Hall
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. This class may be taken in sneakers or bare feet. This class is appropriate for all fitness levels. This class is free to SilverSneakers® Members. All others pay $1 at the class if space permits.

T'ai Chi – in Kaufmann Dance Studio (KDS)
A series of slow movements that build strength, balance, and flexibility, while promoting the flow of energy through the body, and reducing pain, stress, and anxiety. All Ages T'ai Chi – $30 member/$35 community – 10 classes - register in Room 201 Senior Adult T'ai Chi – $1/class – pay at the class.

**For more information, contact Marsha Mullen *

For the safety and courtesy of participants, please arrive on time. Sign in 15 minutes before class start. No admittance 15 minutes after start of class.

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