

# SilverSneakers® Class Schedule

## MONDAY

9:30 am  
**Boom Move**

10:30 am  
**Classic**

## TUESDAY

9:30 am  
**Circuit**

11 am  
**Yoga**

1 pm  
**Classic**  
(begins 2/7)

## WEDNESDAY

9:15 am  
**Boom Muscle**

10:15 am  
**Circuit**

11:15 am  
**Balance/  
Arthritis**

## THURSDAY

9:00 am  
**Circuit**

10 am  
**On the Move**

11 am  
**Yoga**  
(begins 2/9)

## FRIDAY

8:45 am  
**Boom Muscle**

9:45 am  
**Circuit**

10:45 am  
**Yoga**

SilverSneakers members have first right to a chair in class. IF space is available then other members and AgeWell members can participate in class.

For those not registered with SilverSneakers® or Silver&Fit®, participants need to be age 60, Allegheny County residents and registered with AgeWell at the JCC.

SilverSneakers® classes (except for all pool classes) are open to those registered with AgeWell at the JCC.

All participants must be vaccinated.

## Arthritis Foundation Exercise Program

LEVINSON HALL (30 MIN)

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength.

Endorsed by Silver&Fit.

## SilverSneakers® CIRCUIT

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. Sneakers are required.

Free to SilverSneakers® Members.

AgeWell members and other members can participate if there spaces available.

## Boom, Muscle and Move

This is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.

This class is free to SilverSneakers® members.

AgeWell members and other members can participate if there spaces available.

## SilverSneakers® CLASSIC

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.

AgeWell members and other members can participate if there spaces available.

## SilverSneakers® SPLASH

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.

No fee; JCC Members only.

## SilverSneakers® Yoga

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 socks and is appropriate for all fitness levels.

This class is free to SilverSneakers®, Platinum and General members.

AgeWell members and other members can participate if there spaces available.

## On the Move: Group Exercise for Improved Mobility in Older Adults®

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.