

GROUP EXERCISE SCHEDULE—Beginning January 20,



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CYCLING 8:00am - 8:45am</p> <p>CYCLING 9:00am - 9:45am</p> <p>SILVER SNEAKERS YOGA 10:15am - 11:00am</p>	<p>LIFT 8:00 am - 8:45am</p>		<p>CYCLING 8:00am - 8:45am</p> <p>CYCLING 9:00am - 9:45am</p> <p>SILVER SNEAKERS CLASSIC 10:15am - 11:00am</p>	<p>LIFT 8:00 am - 8:45am</p> <p>SILVER SNEAKERS CIRCUIT 11:30am - 12:15pm</p> <p>CYCLING 5:30pm - 6:15pm</p>	<p>CYCLING 8:00am - 8:45am</p> <p>CYCLING 9:00am - 9:45am</p> <p>SILVER SNEAKERS CLASSIC 10:15am - 11:00am</p>	
		<p>LIFT 5:30 pm - 6:15pm</p>	<p>HIIT 5:00 pm - 5:45 pm</p>			

ALL GROUP EXERCISE
CLASSES ARE FREE FOR
WellPass & SILVER SNEAKERS MEMBERS



CLASS DESCRIPTIONS

LIFT - a class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

HIIT (High Intensity Interval Training) - HIIT is a form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism.

SILVER SNEAKERS CIRCUIT -Offers low-impact choreography alternating with standing upper-body strength work. Suitable for all levels, but can be modified depending on fitness level.

SILVER SNEAKERS CLASSIC - Designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises & standing support. Suitable for all levels, but can be modified depending on skill level.

SILVER SNEAKERS YOGA - A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.