



FREE Fitness Classes for SilverSneaker/MHCC members!

Monday	Tuesday	Wednesday	Thursday	Friday
	Classic 6:45-7:45 am (Laurie)		Classic 6:45-7:45 am (Laurie)	
Circuit 8-9 am (Carolyn)	Circuit 8-9 am (Lynda)	Circuit 8-9 am (Chris)	Circuit 8-9 am (Carolyn)	Circuit 8-9 am (Chris)
Classic 9:15-10:15 am (Laurie)	CardioFit 9:15-10:15 am (Lynda)	Classic 9:15-10:15 am (Chris)	Classic 9:15-10:15 am (Laurie)	Classic 9:15-10:15 am (Chris)
Yoga 10:30-11:30 am (Lynda)	Yoga 10:30-11:30 am (Yu Xin)	Yoga 10:30-11:30 am (Chris)	Yoga 10:30-11:30 am (Carolyn)	Yoga 10:30 am-11:30 am (Chris)
	Yoga 11:45-12:45 pm (Yu Xin)	Classic 11:45 am-12:45 pm (Laurie)	Circuit 11:45 am-12:45 pm (Yu Xin)	Yoga 11:45-12:45 pm (Yu Xin)
Splash* 2:00-2:50 pm	Splash* 2:00-2:50 pm	Splash* 2:00-2:50 pm	Splash* 2:00-2:50 pm	

* Please note: Splash classes do not meet in June, July and August

Non SilverSneaker members can pay a \$3 daily fee to take any of the above classes!!! (Please note: You must be a MHCC member to take a class)

Our newest class called "BOOM" classes now meets on Saturdays from 7:15-7:45 am.

All fitness classes are FREE to members of the SilverSneakers® Program. The instructors are experienced and specifically trained to instruct these classes! As with any exercise program, please check with your physician before starting, esp. if you have a history of health problems!

You can email sdockman@middleburgheights.com, go to SilverSneakers.com or call 440-234-2255 for more information on the above classes and/or how to join the Healthways Silver-Sneakers Fitness program.



Class Descriptions

SilverSneakers Classic — the core group exercise class. A total body conditioning class offering exercises for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities needed for independent living.

The **SilverSneakers Circuit** class is for participants who have expressed a desire for more cardiovascular and muscular endurance conditioning and have demonstrated above baseline proficiencies in agility, balance and coordination. Circuit offers standing low-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing with handles and ball. Circuit focuses on the benefits of a circuit format to improve cardiovascular endurance and muscular strength and endurance without increasing risk.

The **SilverSneakers CardioFit** class is for those who want a safe & heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper body & core strength plus cardio endurance.

The **SilverSneakers Yoga** class is designed for ALL participants and focuses on poses and postures to improve joint range of movement, muscular strength, flexibility, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

The **SilverSneakers Splash** class is a universally, trademarked, total body aqua conditioning class in a pool. Splash focuses on increasing agility, range of movement and cardiovascular conditioning. Participants will choreograph “water moves” with the SilverSneakers kickboard to develop strength, balance and coordination in a safe, fun and effective format. No swimming ability is required.

The **SilverSneakers BOOM** class is for those who want a challenge and a fast-paced workout **BOOM** was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute sessions.

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