



FREE Fitness Classes for SilverSneaker 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 (Carolyn) | Circuit 8-9 am (Chris) | Circuit 8-9 am (Carolyn) | Circuit 8-9 am (Chris) |
| Classic 9:15-10:15 am (Laurie) | Classic 9:15-10:15 am (Chris) | 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 (Vicki) | Yoga 10:30-11:30 am (Vicki) | Yoga 10:30-11:30 am (Chris) | Yoga 10:30-11:30 am (Carolyn) | Yoga 10:30 am-11:30 am (Chris) |
| | | Classic 11:45 am-12:45 pm (Laurie) | | |
| Splash* 2:00-2:50 pm | 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)



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 steved17@wowway.com, go to www.SilverSneakers.com or call 440-234-2255 for more information on the above classes and/or the entire 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 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.

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