



## FREE Fitness Classes for SilverSneaker members only!

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Classic</b> 6:45-7:35 am (Laurie)		<b>Classic</b> 6:45-7:35 am (Laurie)	
<b>Circuit</b> 8:15-9:05 am (Carolyn)	<b>Circuit</b> 8:15-9:05 am (Lynda)	<b>Circuit</b> 8:15-9:05 am (Chris)	<b>Circuit</b> 8:15-9:05 am (Carolyn)	<b>Circuit</b> 8:15-9:05 am (Chris)
<b>Classic</b> 9:30-10:20 am (Laurie)	<b>CardioFit</b> 9:30-10:20 am (Lynda)	<b>Classic</b> 9:30-10:20 am (Chris)	<b>Classic</b> 9:30-10:20 am (Laurie)	<b>Classic</b> 9:30-10:20 am (Chris)
<b>Yoga</b> 10:45-11:35 am (Phyllis)	<b>Yoga</b> 10:45-11:35 am (Yu Xin)	<b>Yoga</b> 10:45-11:35 am (Chris)	<b>Yoga</b> 10:45-11:35 am (Yu Xin)	<b>Yoga</b> 10:45-11:35 am (Chris)
<b>Yoga</b> 12-12:50 pm (Phyllis)	<b>Yoga</b> 12-12:50 pm (Yu Xin)	<b>Classic</b> 12-12:50 pm (Laurie)	<b>Circuit</b> 12-12:50 pm (Yu Xin)	<b>Yoga</b> 12-12:50 pm (Yu Xin)
<b>Stability</b> 1:15-2 pm (Phyllis)		<b>Stability</b> 1:15-2 pm (Phyllis)		<b>Stability</b> 1:15-2 pm (Phyllis)
<b>Splash</b> 9:00-9:45 am (Anna)				<b>Splash</b> 9:00-9:45 am (Anna)

Classes are limited to 30 students per class (maximum). Please only take one class per day in order to give others a chance to take a class.

Please note: You must be a SilverSneaker member to take a class or if not, you must be a Senior member and buy a "class pass" for \$30 which is good for 10 classes.

The instructors are experienced and specifically trained to instruct these fitness 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](mailto:sdockman@middleburgheights.com), go to [SilverSneakers.com](http://SilverSneakers.com) or call 440-234-2255 for more information on the above classes and/or how to join the Tivity SilverSneakers 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.

**SilverSneakers Circuit** 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.

**SilverSneakers CardioFit** 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.

**SilverSneakers Yoga** 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 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.

**SilverSneakers Stability** is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants.