



Middleburg Heights Recreation

Adult Fitness



SilverSneakers® Classic: This is the core class of the SilverSneakers® Fitness Program. Lots of choreography with hand-held weights, elastic tubing with handles, a ball and a chair for balance are used!

Instructor: Laurie (6:45 am on Tues. & Thurs), Phyllis (Mon. & Tue. at 9:15 am) & Wed. at 11:45 am), Chris (Wed. & Fri., at 9:15 am) & Yu Xin (Thurs at 9:15 am)



<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Room</i>	<i>Fees</i>
Monday-Friday	ongoing	See above times	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.

SilverSneakers® Yoga: This 50-minute class is designed to engage members physically and mentally with a variety of safe and fun yoga postures and breathing exercises! Using a chair for support, participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly.

Instructor: Phyllis (Mon. at 10:30 am & 11:45 am), Yu Xin (Tue. & Thurs. at 10:30 am, Tue & Fri. at 11:45 am), Chris (Wed. & Fri. at 10:30 am)

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SilverSneakers® Circuit: This 50-minute class is for participants who desire and are ready for a cardio workout! The format includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body strength work with hand-held weights, elastic tubing with handles and a ball.

Instructor: Carolyn (Mon. & Thurs. at 8:00 am), Phyllis (Tue. At 8:00 am), Yu Xin (Thur. at 11:45 am) & Chris (Wed. & Fri. at 8:00 am)

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SilverSneakers® Stability: Stability is a 50-minute class designed to help you become stronger and improve balance. The movements focus on exercises to improve strength and power around the ankle, knee and hip joints.

Instructor: Phyllis (Mon., Wed., & Fri at 1:00 pm)

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Room</i>	<i>Fees</i>
Monday, Wednesday & Friday	ongoing	See above times	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.