



FREE Fitness Classes for SilverSneaker members only!

Monday	Tuesday	Wednesday	Thursday	Friday
	Classic 6:45-7:40 am (Laurie)		Classic 6:45-7:40 am (Laurie)	
Circuit 8:00-8:55 am (Carolyn)	Circuit 8:00-8:55 am (Phyllis)	Circuit 8:00-8:55 am (Chris)	Circuit 8:00-8:55 am (Carolyn)	Circuit 8:00-8:55 am (Chris)
Classic 9:15-10:10 am (Phyllis)	Classic 9:15-10:10 am (Phyllis)	Classic 9:15-10:10 am (Chris)	Classic 9:15-10:10 am (Carolyn)	Classic 9:15-10:10 am (Chris)
Yoga 10:30-11:25 am (Phyllis)	Yoga 10:30-11:25 am (Yu Xin)	Yoga 10:30-11:25 am (Chris)	Yoga 10:30-11:25 am (Yu Xin)	Yoga 10:30-11:25 am (Chris)
Yoga 11:45 am-12:40 pm (Phyllis)	Yoga 11:45 am-12:40 pm (Yu Xin)	Classic 11:45 am-12:45 pm (Phyllis)	Circuit 11:45 am-12:40 pm (Yu Xin)	Yoga 11:45 am-12:40 pm (Yu Xin)
Stability 1:00-1:55 pm (Phyllis)		Stability 1:00-1:55 pm (Phyllis)		Stability 1:00-1:55 pm (Phyllis)

Classes are limited to 30 students per class (maximum). Please note: Please only take one class per day in order to give other's a chance to take a class. Also, you **MUST** be a SilverSneaker member to take a class. If you are not a SS member, you must be a senior member and buy a "class pass" for \$30 which is good for 10 classes.

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 Tivity SilverSneakers Fitness Program.

Our SilverSneaker 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!





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 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.

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.