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)	**Drum & Tone** 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** 10:45-11:40 am (Yu Xin)	**Yoga** 10:30-11:25 am (Chris)	**Yoga** 10:45-11:40 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-12:40 pm (Phyllis)	**Circuit** 11:45 am-12:40 pm (Yu Xin)	**Yoga** 11:45 am-12:40 pm (Yu Xin)
Tai Chi 1:00-1:55 pm (Phyllis)	**Drum & Tone** 1:00-1:55 pm (Traci)	**Tai Chi** 1:00-1:55 pm (Phyllis)		
Silver Splash 12:00pm-12:45pm (Yu Xin)		**Silver Splash** 12:00pm-12:45pm (Yu Xin)		**Silver Splash** 10:45am-11:15am (Yu Xin)

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 Monica at mdornbush@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, especially 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 Drum & Tone A fun, full-body workout combining rhythm, cardio, and strength with weights. Using exercise balls as "drums," follow easy routines performed seated or standing to improve heart health, motor skills, coordination, balance, and strength. Build strength, improve balance, and have a blast doing it!

Silver Sneakers Tai Chi is the newest class offering meditation in motion, and will help to improve your balance, strength, and flexibility. Tai Chi practice has been shown to help prevent falls, enhance quality of life, lower risk among older adults, and manage chronic conditions such as arthritis, fibromyalgia, and heart disease by boosting physical function, cognition, and overall well-being.