



# Senior Fitness Schedule *Ages 55+*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SilverSneakers® Classic</b> 7:30-8:15am-Christina	<b>SilverSneakers® Cardio Fit</b> 7:30-8:15am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:15am – Lisa	<b>SilverSneakers® Cardio Fit</b> 7:30-8:15am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:15am-Christina
<b>Zumba</b> 8:30-9:15am – Lindsay	<b>SilverSneakers® Circuit</b> 8:30-9:15am - Christina	<b>POUND®</b> 8:30-9:15am – Lisa	<b>SilverSneakers® Circuit</b> 8:30-9:15am - Christina	<b>Cardio Dance</b> 8:30-9:15am – Lisa/Julie/Lindsay
(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am- Christina	<b>Chair Yoga (Fitness Studio)</b> 9:30-10:15am - Cathy	<b>Stretch &amp; Balance</b> 9:30-10:15am - Lisa	<b>Chair Yoga (Fitness Studio)</b> 9:30-10:15am - Connie	(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am - Christina
(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina		(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am - Christina		(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina
(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina		(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina		(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina
		(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina		

<p><b><u>SENIOR PICKLEBALL 55+</u></b> <i>(Summer Schedule June-August)</i> Monday/Wednesday 11:30a-2:00p Tuesday/Thursday 11:15a-12:30p Friday 12:00p-2:00p</p> <p><b><u>SENIOR VOLLEYBALL 55+</u></b> Tuesday/Thursday 1:00p-3:30p</p> <p>Senior Pickleball and Volleyball is included with:</p> <ul style="list-style-type: none"> <li>• VRC Senior Membership</li> <li>• Senior Fitness Daily Drop-In visit</li> <li>• Senior Fitness Punch card</li> </ul>	<p><b><u>VRC Senior Membership 62+:</u></b> <i>Only classes listed above are included with Senior membership.</i></p> <p><b><u>Senior Fitness Daily Drop-In 55+ (non-senior members):</u></b> <i>\$3.00 for daily drop-in between 7am-2pm MON-FRI and/or to attend any senior class listed above.</i></p> <p><b><u>Senior Fitness Punch Card 55+:</u></b> <i>10 Visits for \$20.00 / 20 Visits for \$40.00 Punch card allows entry between 7am-2pm MON-FRI plus all senior classes listed above.</i></p>
---	--

*\*Schedule is subject to change at any time\**

# Class Descriptions

**Water Arthritis-** All classes are led by an Arthritis Foundation Aquatic Program Certified Instructor. This is a very beneficial ‘feel-good’ class for those with arthritis looking to improve joint mobility and minimize pain.

**SilverSneakers® Splash-** In this fun, shallow-water exercise class, you’ll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers

**SilverSneakers® Classic-** Increase muscle strength and range of movement and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**SilverSneakers® CardioFit -** Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**SilverSneakers® Circuit -** Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**Zumba-** A fun and easy-to-follow class that lets you move to the beat at your own speed. This class is accessible for active older adults and beginners to improve balance, flexibility, and cardiovascular strength.

**POUND® -** A cardio jam session inspired by the energizing fun of playing the drums! You won’t just listen to incredible music—you’ll become the music in this exhilarating, full-body workout that combines conditioning and strength training. This can be done sitting in a chair or standing.

**Stretch & Balance-** This class will provide flexibility/range of motion for the entire body while using your core muscles to improve balance and stability. Exercises can be done with or without a chair.

**Yoga-** This relaxing class will allow you to increase your flexibility and range of motion safely with the aid of a chair if needed.