



Senior Fitness Schedule Ages 55+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers® Classic 7:30-8:15am-Christina	SilverSneakers® Cardio Fit 7:30-8:15am - Christina	SilverSneakers® Total Body Strength 7:30-8:15am – Julie	SilverSneakers® Cardio Fit 7:30-8:15am - Christina	SilverSneakers® Classic 7:30-8:15am-Christina
Zumba 8:30-9:15am – Lindsay	SilverSneakers® Circuit 8:30-9:15am - Christina	POUND® 8:30-9:15am – Julie	SilverSneakers® Circuit 8:30-9:15am - Christina	Fit2Dance 8:30-9:15am - Cheryl
(Pool) SilverSneakers Splash® 8:35-9:25am- Christina	Chair Yoga (<i>Fitness Studio</i>) 9:30-10:15am - Cathy	Stretch & Balance 9:30-10:15am - Julie	Chair Yoga (<i>Fitness Studio</i>) 9:30-10:15am - Connie	(Pool) SilverSneakers Splash® 8:35-9:25am - Christina
(Pool) Combo H2O 9:40-10:30am - Christina	Tai Chi (Free) 10:30am-11:15am- CJ	(Pool) SilverSneakers Splash® 8:35-9:25am - Christina	Tai Chi (Free) 10:30am-11:15am- CJ	(Pool) Combo H2O 9:40-10:30am - Christina
(Pool) Water Arthritis 10:45-11:30am - Christina		(Pool) Combo H2O 9:40-10:30am - Christina		(Pool) Water Arthritis 10:45-11:30am - Christina
		(Pool) Water Arthritis 10:45-11:30am - Christina		

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

SilverSneakers® Total Body Strength- Build muscular strength, endurance, and cardiorespiratory health with a moderate to vigorous intensity workout using a mix of functional strength training exercises.

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.

Tai Chi- Join C.J. Briggerman, an athletic trainer who has been certified to teach Tai Chi for arthritis and seated Tai Chi for arthritis, to learn the movements and art of Tai Chi. Class participants should plan to wear gym shoes or be barefoot (no socks, please) and bring a yoga mat (optional). This class is Free.