

# January, 2019 -Fitness Class Schedule (Wellness Center) PENDLETON CENTER: 771-5794

Happy New Year!!!

We will be CLOSED January 1st\_

Gym hours: Mon-Wed: 7:00am - 12:00pm, 1:30pm – 5:00pm

Tues-Thurs: 7:00am – 12:00pm, 1:30pm-4:00pm

Fri: 7:00am – 12:00pm, 1:30pm – 4:30pm

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
7:30 AM SILVERSNEAKERS YOGA	7:30 AM STRETCH	7:30 AM GET ON THE BALL	7:30 AM STRETCH	7:30 AM SILVERSNEAKERS YOGA
8:20 AM YOGAFIT + PILATES	8:20 AM SILVERSNEAKERS CIRCUIT	8:20 AM YOGAFIT + PILATES <u>(COMMUNITY ED ROOM)</u>	8:20 AM SILVERSNEAKERS CIRCUIT	8:20 AM YOGAFIT + PILATES <u>(COMMUNITY ED ROOM)</u>
9:15 AM SILVERSNEAKERS CLASSIC	<u>9:30 am Equipment orientation for new members</u>	9:15 AM SILVERSNEAKERS CLASSIC	<u>9:30 am Equipment orientation for new members</u>	9:15 AM SILVERSNEAKERS CLASSIC
10:15 AM BALANCE & STRENGTH	10:15 AM BOOM MOVE IT	10:15 AM CARDIO BLAST	10:15 AM BEGINNER TAI CHI	10:15 AM CARDIO BLAST
11:00 AM <b>SILVER&amp;FIT</b>  EXPLORE	11:00 AM <b>SILVER&amp;FIT</b>  EXPLORE	11:00 AM BALANCE & STRENGTH	11:00 AM <b>SILVER&amp;FIT</b>  EXPLORE	11:00 AM <b>SILVER&amp;FIT</b>  EXPLORE
<u>11:00 am Equipment orientation</u>		<u>11:00 am Equipment orientation</u>		<u>11:00 am Equipment orientation</u>
2:30 PM SILVERSNEAKERS YOGA	1:45 PM BEGINNER TAI CHI	2:30 PM SILVERSNEAKERS YOGA	<u>1:35 pm Equipment orientation for new members</u>	 <b>HAPPY NEW YEAR</b>

## *Fitness Class Descriptions – Wellness Center*

**BOOM Move It:** is a heart-healthy, cardio workout featuring dance-style choreography. Songs and steps can be drawn from just about any era, genre and style of music and dance. Classes may feature a signature “Group Groove” where class participants perform a group dance, or a “Combo Dance” that summarizes all of the movements taught in class.

**Get On The Ball:** Uses large exercise balls to increase strength, flexibility and balance exercises. This class will strengthen your core and improve flexibility, muscle tone, and posture in a fun and positive atmosphere.

**YogaFit+Pilates:** A workout combining the mind and body practices of Yoga, Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. Class is moderately advanced and includes standing positions and mat floor work.

**Balance & Strength:** Perfect for all fitness levels. This class will help with strength, posture, and improve daily activities.

**Beginner Tai Chi:** Discover the benefits of Tai Chi with this easy to follow class. Tai Chi improves overall well-being, balance, agility, strength, and coordination.

**Stretch:** A relaxing stretch class which incorporates various standing, seated and floor exercises to help promote activities of daily living (ADLs). Includes core work, balance, flexibility, range of motion, strength, and coordination; All while enhancing healthy joints, preventing muscular injury, and promoting overall well-being.

**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Yoga:** Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.

**Silver&Fit Explore:** Designed for older adults who are just getting started or are returning to an exercise routine. This is a gentler, slower workout, with seated exercise options for the more de-conditioned individual, with extra care to explain the moves and how to safely integrate exercise as part of daily activity. A goal of this program is to enable the older adult who does require in chair exercise to progress to freely stand and be stable.

**Cardio Blast:** A fun 30 minute class of easy to follow aerobic routines to increase stamina and burn calories. All levels are invited.

**SILVER&FIT**

ENDORSED

Note: All classes are uniquely different, depending upon the instructor. All classes are subject to change.

YOU DO NOT NEED TO BE A SILVERSNEAKERS OR SILVER&FIT MEMBER TO PARTICIPATE IN THOSE CLASSES

