
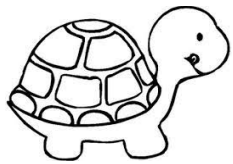
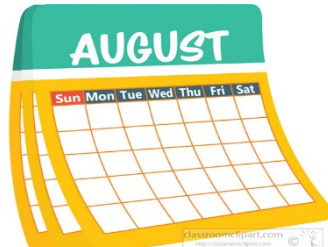



AUGUST – Fitness Class Schedule (Del Webb)

Pendleton Center Phone #: 759-5920

<p><u>MONDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm</p>	<p><u>TUESDAYS</u> 7:00am-12:00pm</p>	<p><u>WEDNESDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm</p>	<p><u>THURSDAYS</u> 7:00am-12:00pm</p>	<p><u>FRIDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm</p>
<p>9:00 am SilverSneakers Classic</p>		<p>9:00 am SilverSneakers Classic</p>		<p>9:00 am SilverSneakers Circuit</p>
	<p>9:00 am SilverSneakers Circuit</p>		<p>9:00 am SilverSneakers Circuit</p>	
<p>10:00 am Explore & Balance</p>		<p>10:00 am Explore & Balance</p>		<p>10:00 am Explore & Balance</p>
<p>11:00 am Explore & Balance</p>		<p>11:00 am Explore & Balance</p>		<p>11:00 am Explore & Balance</p>

Fitness Class Descriptions – Del Webb

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. A chair is used for standing support, stretching and relaxation exercises.

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 with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Explore & Balance: Energetic class for adults who want to work on strength, balance, posture, and improve daily activities. This is a gentler, slower workout, with seated or standing exercise options. 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. A chair is used for seated exercises and standing support. Hand-held weights, elastic tubing with handles and a ball are used for resistance.