

# May 2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	2 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	3 <u>Yoga Stretch</u> 8:30-9:30	4
5	6 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	7 <u>Circuit Class</u> 9:30-10:30	8 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	9 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	10 <u>Yoga Stretch</u> 8:30-9:30	11
12	13 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	14 <u>Circuit Class</u> 9:30-10:30	15 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	16 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	17 <u>Yoga Stretch</u> 8:30-9:30	18
19	20 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	21 <u>Circuit Class</u> 9:30-10:30	22 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	23 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	24 <u>Yoga Stretch</u> 8:30-9:30	25
26	27 MEMORIAL DAY ***  WE ARE CLOSED	28 <u>Circuit Class</u> 9:30-10:30	29 <u>Yoga Stretch</u> 9:30-10:30 <u>Classic/Walk</u> 10:30-11:15	30 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	31 <u>Yoga Stretch</u> 8:30-9:30	

# SilverSneakers® Class Descriptions

## YOGA STRETCH

Get ready to move through a complete series of seated or standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote relaxation, stress reduction and mental clarity. This class is suitable for nearly every fitness level. Please bring a mat.

## CIRCUIT

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular strength, range of movement and daily living skills. Low-impact choreography, walking, marching, hand-held weights and elastic tubing with handles are offered for resistance. A chair is used for seated and/or standing support. This class can be adapted depending on your fitness level and abilities. It is suitable for beginning to intermediate skill levels.

## BOOM “MOVE IT”

Gain stamina and strength with high-intensity choreography. Walking and marching burns calories and gets your heart pumping.

Bring along a mat to class. \*This is the highest intensity class we offer. No chairs are utilized in this class.

## CLASSIC/WALK

Gain strength and balance by walking moderately with or without a stabilizer! We will be weight lifting and learning the proper way of breathing while sitting in a chair.