

THE NEW APPROACH TO HEALTH AND WELLNESS

2020 Senior Program Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SilverStability 1:30pm-2:30pm	SilverSplash & Balance 7:30am-8:30am OR 10:30am-11:30am OR 1:30pm-2:30pm	SilverStability 1:30pm-2:30pm	SilverSplash & Balance 7:30am-8:30am OR 10:30am-11:30am OR 1:30pm-2:30pm	SilverStability 1:30pm-2:30pm		
Strong Seniors Stay Young 3:30pm-4:30pm					Strong Seniors Stay Young 3:30pm-4:30pm	
SilverStability 1:30pm-2:30pm	SilverSplash & Balance 7:30am-8:30am OR 10:30am-11:30am OR 1:30pm-2:30pm	SilverStability 1:30pm-2:30pm	SilverSplash & Balance 7:30am-8:30am OR 10:30am-11:30am OR 1:30pm-2:30pm	SilverStability 1:30pm-2:30pm		
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Please visit Vitality Wellness for more information

2020 Vitality Wellness Senior Programming

SILVER SPLASH & BALANCE

Tuesdays and Thursdays from 7:30am-8:30am , 10:30am-11:30am,
1:30pm-2:30pm

Instructor: Kayla Wilwerding

In this fun, warm-water exercise class, you'll use pool equipment and body weight to increase strength, endurance, and vitality. Splash is designed for seniors (65+) and is suitable for all skill levels and is safe for non-swimmers.

SILVER STABILITY

Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm

Instructor: Jessica Proell

Increase muscle strength, range of motion, and functional fitness for daily living. Gain strength, balance, and coordination through exercises that target the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls and increase ability to accomplish daily tasks.

STRONG SENIORS STAY YOUNG

Mondays and Thursdays from 3:30pm-4:30pm

Join a class of passionate Seniors to follow Miriam Nelson's scientifically proven strength program to increase strength, balance and flexibility. Turn back the clock in just two sessions per week! This scientifically proven strength-training program helps build muscle, reverses bone loss, and improves energy and balance.

All classes are FREE for SilverSneaker or Silver & Fit members. A small registration fee may be required for some classes if you are not a member of SilverSneakers or Silver & Fit. Stop into the Vitality Wellness front desk to register!

Contact us with any questions at vitalitywellness@centracare.com or 320-732-7234.

Vitality Wellness
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