

JANUARY-MARCH GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	KEY
6:30 AM						<p style="text-align: center;">STUDIO CLASSES</p> <p>SilverStability: - Free to Silver Sneaker or Silver Fit members - Discounted price for all other seniors (65+) - Taught by live instructors</p> <p>Live Classes: - Taught by live instructors! - Additional fee for both members and non-members</p> <p>Strong Seniors Stay Young: - Class focused on strength, balance, and flexibility - Free for Silver Sneaker or Silver Fit members - Discounted price for all other seniors (65+)</p> <p style="text-align: center;">POOL CLASSES</p> <p>SilverSplash & Balance: - Free to SilverSneaker or SilverFit members - Discounted price for all other seniors (65+) - Taught by live instructors in warm-water therapy pool</p> <p>Pool Classes: - Taught by live instructors in warm-water therapy pool - Additional fee for members and non-members</p>
7:00 AM						
7:30 AM		7:30 am - 8:30 am SilverSplash & Balance 60 mins		7:30 am - 8:30 am SilverSplash & Balance 60 mins		
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM		10:30 am - 11:30 am SilverSplash & Balance 60 mins		10:30 am - 11:30 am SilverSplash & Balance 60 mins		
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1:30 PM	1:30 pm-2:30 pm SilverStability 60 mins	1:30 pm - 2:30 pm SilverSplash & Balance 60 mins	1:30 pm-2:30 pm SilverStability 60 mins	1:30 pm - 2:30 pm SilverSplash & Balance 60 mins	1:30 pm-2:30 pm SilverStability 60 mins	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	3:30 pm-4:30 pm Strong Seniors Stay Young 60 mins			3:30 pm-4:30 pm Strong Seniors Stay Young 60 mins		
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	5:30-6:15 pm Cardio Dance 45 mins	5:30-6:30 pm Aqua-Fit 60 mins		5:30 pm-6:30 pm Pool Power 60 mins		
6:00 PM						
6:30 PM			6:30 pm-7:15 pm Flow Yoga 45 mins			
7:00 PM						

LIVE GROUP FITNESS CLASS OFFERINGS JANUARY-MARCH 2020

STUDIO CLASSES

FLOW YOGA	Wednesdays at 6:30 pm Class Size: 30	45 minutes Instructor: Audra Zastrow	January 15th--April 1st
Come get a new outlook on your new year! Flow yoga is a blend of movements designed to build strength & flexibility. Modifications make this class perfect for any fitness level. Education will be provided each session on health and wellness topics, as well.			
CARDIO DANCE	Mondays at 5:30 pm Class Size: 30	45 minutes Instructor: Samantha Pommier	January 13th--March 30th
Burn fat and torch calories with this full body work out! This class goes through a series of cardio moves and strength training circuits to increase stamina and overall health! High energy instruction and upbeat music will leave you feeling energized and accomplished! All fitness levels are welcome and modifications are available.			
SILVER STABILITY	Mondays, Wednesdays, and Fridays at 1:30 pm Class Size: 20	60 minutes Instructor: Jessica Proell	Ongoing
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 at 3:30 pm Class Size: 30	60 minutes Instructor: Lois Berg	Ongoing
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.			

POOL CLASSES

AQUAFIT	Mondays at 5:30 pm Class Size: 20	60 minutes Instructor: Kristy Johnson	January 13th--March 30th
Looking for a great workout with little to no impact on your joints? Try AquaFit! This class offers a warm up, aerobic training, muscle toning, and cooldown to maximize your results in the comfort of a heated pool. All fitness levels are welcome!			
POOL POWER	Thursdays at 5:30 pm Class Size: 20	60 minutes Instructor: Gail Heid	January 16th--April 2nd
Hop in the warm-water pool for a full body, low impact workout! This class will combine aerobic and strength training in a fun, upbeat setting. All fitness levels are welcome, and prior swimming experience is not required!			
SILVER SPLASH & BALANCE	Tuesdays and Thursdays at 7:30am and 10:30 am Class Size: 20	60 minutes Instructor: Kayla Wilwerding & Lisa Lahr	Ongoing
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.			