|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday**  6:30 AM – 6:30 PM | **Tuesday**  6:30 AM – 6:30 PM | **Wednesday**  6:30 AM – 6:30 PM | **Thursday**  6:30 AM – 6:30 PM | **Friday**  6:30 AM – 2:00 PM | **Saturday**  8:00 AM – 10:00 AM |
| **7:45 AM** |  |  |  |  |  |  |
| **8:00 AM** |  |  |  |  |  |  |
| **8:30 AM** | SilverSneakers Classic |  | SilverSneakers Classic |  | SilverSneakers Classic |  |
|  |  |  |  |  |  |  |
| **8:40 AM** |  |  |  |  |  |  |
| **9:35 AM** |  | Silver Sneakers Classic |  | Silver Sneakers Classic |  |  |
| **9:45 AM** |  | SilverSneakers Cardio Circuit |  | SilverSneakers Cardio Circuit |  |  |
| **10:40 AM** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **10:50 AM** |  |  |  |  |  |  |
| **2:00 PM** |  | SilverSneakers Classic |  | SilverSneakers Classic |  |  |
| **5:30 PM** |  |  |  |  |  |  |
|  |  | Classroom 1 | Classroom 3 | Classroom 2 | \*denotes limited space |  |

**The classes listed above are the ONLY classes that Silver Sneakers covers. You have unlimited access to these classes and all floor equipment.**

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 and standing support. **LEVEL 1**

SilverSneakers Cardio 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. **LEVEL 2**