



Senior Fitness Schedule **Ages 55+**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
SilverSneakers® Classic 7:30-8:15am-Christina		SilverSneakers® BOOM Muscle 7:30-8:15am – Julie		SilverSneakers® Classic 7:30-8:15am-Christina	
Zumba 8:30-9:15am – Lindsay	SilverSneakers® Circuit 8:30-9:15am-Christina	Cardio Drum 8:30-9:15am – Julie	SilverSneakers® Circuit 8:30-9:15am-Christina	Fit2Dance 8:30-9:15am - Cheryl	(Pool) Water Aerobics 8:30-9:30am - Linda
(Pool) SilverSneakers Splash® 8:35-9:25am- Christina	Chair Yoga (<i>Fitness Studio</i>) 9:30-10:15am - Cathy	Stretch & Balance 9:30-10:15am - Julie	Chair Yoga (<i>Fitness Studio</i>) 9:30-10:15am - Connie		(Pool) Deep H2O 9:30-10:30am - Linda
(Pool) Combo H2O 9:40-10:30am - Christina		(Pool) SilverSneakers Splash® 8:35-9:25am - Christina		(Pool) Water Aerobics 8:30-9:30am - Linda	
(Pool) Water Arthritis 10:45-11:30am - Christina		(Pool) Combo H2O 9:40-10:30am - Christina		(Pool) Deep H2O 9:30-10:30am - Linda	
		(Pool) Water Arthritis 10:45-11:30am - Christina		(Pool) Water Fitness 10:45-11:30am - Linda	
	(Pool) Water Aerobics 6:30-7:30pm - Linda		(Pool) Deep H2O 6:30-7:30pm - Linda		

<u>SENIOR PICKLEBALL 55+</u> Monday/Wednesday/Friday 11:30a-2:00p Tuesday/Thursday 10:00a-12:30p <u>SUMMER PICKLEBALL HOURS</u> Monday/Wednesday 11:30a-2:00p Tuesday/Thursday 11:30a-12:45p Friday 12:00p-2:00p <u>SENIOR VOLLEYBALL 55+</u> Tuesday/Thursday 1:00p-3:30p Senior Pickleball and Volleyball is included with: • VRC Senior Membership • Senior Fitness Daily Drop-In visit • Senior Fitness Punch card	<u>VRC Senior Membership 62+:</u> <i>Only classes listed above are included with Senior membership.</i> <u>Senior Fitness Daily Drop-In 55+ (non-senior members):</u> <i>\$3.00 for daily drop-in</i> <u>Senior Fitness Punch Card 55+:</u> 10 Visits for \$20.00 / 20 Visits for \$40.00
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Schedule is subject to change at any time

Revised 10/24/25

Class Descriptions

Water Arthritis- All classes are led by an Arthritis Foundation Aquatic Program Certified Instructor. This is a very beneficial 'feel-good' class for those with arthritis looking to improve joint mobility and minimize pain.

SilverSneakers® Splash- In this fun, shallow-water exercise class, you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers

SilverSneakers® Classic- Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Circuit - Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

SilverSneakers® BOOM Muscle- Boom Muscle incorporates exercises that improve upper and lower body strength, toning, and stamina for overall conditioning. Your best workout starts here!

Zumba- A fun and easy-to-follow class that lets you move to the beat at your own speed. This class is accessible for active older adults and beginners to improve balance, flexibility, and cardiovascular strength.

Cardio Drum - Cardio workout using weighted drum sticks and choreographed body movements that incorporate strength, toning, coordination, endurance, and flexibility. This class can be done sitting in a chair

Stretch & Balance- This class will provide flexibility/range of motion for the entire body while using your core muscles to improve balance and stability. Exercises can be done with or without a chair.

Chair Yoga- This relaxing class will allow you to increase your flexibility and range of motion safely with the aid of a chair if needed.

Deep Water Fitness - This class is held in the deep end of the Rec Center pool. Deep water fitness focuses on deep water exercises targeting chest, back, arms, core, and legs. This class focuses on exercises that use range of motion techniques and strength training using buoys and water noodles. This class is designed for anyone who would like to increase their range of motion, increase strength, and who may have joint problems, chronic pain, or may be recovering from an injury.

Water Aerobics - Water aerobics is a low impact, full body workout using cardio exercises to increase endurance while doing water exercises. This is a total body workout using buoys and noodles that increase water resistance focusing on arms, chest, back, core, and legs. This class is designed for anyone who would like to increase strength and who may have joint problems, chronic pain, or recovering from an injury.

Water Fitness- Water fitness is a low impact, full body workout. Exercises target specific muscle groups including arms, chest, back, core, and legs. This class focuses on strength and flexibility using water resistance. This class is easy on your bones, joints, and muscles. Buoys and water noodles are used for resistance training in the water. This class is recommended for all ages. This class is good for anyone having joint problems, chronic pain, arthritis, or recovering from an injury.