



# Senior Fitness

Ages 55 & UP / MON-FRI 6am – 12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SilverSneakers® Classic</b> 7:30-8:20am - Christina	<b>SilverSneakers® CardioFit</b> 7:30-8:20am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:20am - Christina	<b>SilverSneakers® CardioFit</b> 7:30-8:20am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:20am-Christina
<b>Zumba</b> 8:30-9:20am – Laney	<b>Basic Strength</b> 8-8:30am in Gym	<b>LaBlast</b> 8:30-9:20am - Chris	<b>Basic Strength</b> 8-8:30am in Gym	<b>Zumba</b> 8:30-9:20am – Shelia
<b>Senior Water</b> – Christina 8:35-9:25am in Pool	<b>SilverSneakers® Circuit</b> 8:30-9:20am - Christina	<b>Senior Water</b> – Christina 8:35-9:25am in Pool	<b>SilverSneakers® Circuit</b> 8:30-9:20am - Christina	<b>Senior Water</b> – Christina 8:35-9:25am in Pool
	<b>Basic Strength</b> 8:30-9am in Gym		<b>Basic Strength</b> 8:30-9am in Gym	
	<b>SilverSneakers® Yoga</b> 9-9:45am in Gym-Cathy		<b>SilverSneakers® Yoga</b> 9-9:45am in Gym-Connie	
<b>Water Arthritis</b> – Christina 10:45-11:25am in Pool	<b>Basic Strength</b> 10-10:30am in Gym	<b>Water Arthritis</b> – Christina 10:45-11:25am in Pool	<b>Basic Strength</b> 10-10:30am in Gym	<b>Water Arthritis</b> – Christina 10:45-11:25am in Pool

**VRC SENIOR MEMBERS 55+ ARE FREE-**

Senior classes listed above are included with membership if you are 55+.

**NON-MEMBERS-**

Pay \$3.00 for a daily visit

**AGE 55+ SENIOR STRENGTH PUNCH CARD-**

20 Visits for \$40.00

Punch Cards allow entry M-F 6:00am-12:00pm

Included: Senior classes, Track, Gym, Fitness Center, Pickleball, Volleyball

**SENIOR VOLLEYBALL**

Tuesdays 1:00p-3:30p

**SENIOR PICKLEBALL**

Monday/Wednesday 7:00a-9:00a; 2:00p-4:00p

Free for Members / \$3 to drop-In / 1 visit from SS Punch  
*\*If Vandalia schools are cancelled, Pickleball/Volleyball will be cancelled.*

Weather Hotline: (937)522-2200

Facebook: [www.facebook.com/VandaliaRec](http://www.facebook.com/VandaliaRec)

## Senior 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.

**Basic Strength**- This 30-minute class is best suited for those that are new to exercise. Class will be consistent in exercises that are slower in movement and involve a complete range of motion. Chairs, dumbbells, and wall exercises will be used in this class.

**Senior Water**- This aerobics class is specifically designed for those individuals who would like to improve their range of motion, muscular strength, and cardiovascular endurance in a low impact environment. No swimming skills are needed to participate.

**Zumba®**- A fun and easy-to-follow class that lets you move to the beat at your own speed. This class takes the original concept of Zumba and makes it accessible for active older adults and beginners to improve balance, flexibility, and cardiovascular strength.

**LaBlast®** -A fun-filled, high energy dance fitness class that will both challenge and inspire people of all ages and fitness levels, while dancing to a wide variety of music. The result is a thrilling experience that makes you addicted to dance, and it's completely partner free!

**SilverSneakers® Yoga**- This 45-minute class will allow you to increase your flexibility and range of motion safely with the aid of a chair.

**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 or standing support.

**SilverSneakers® CardioFit** - Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**SilverSneakers® 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.