



# Senior Fitness Schedule

*Ages 55 & older*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<i>(Studio)</i> <b>SilverSneakers® Classic</b> 7:30-8:20am - Christina	<i>(GYM)</i> <b>SilverSneakers® CardioFit</b> 7:30-8:20am - Christina	<i>(GYM)</i> <b>SilverSneakers® Classic</b> 7:30-8:20am - Lisa	<i>(GYM)</i> <b>SilverSneakers® CardioFit</b> 7:30-8:20am - Christina	<i>(Studio)</i> <b>SilverSneakers® Classic</b> 7:30-8:20am - Christina
<i>(Studio)</i> <b>Zumba</b> 8:30-9:20am - Lindsay	<i>(GYM)</i> <b>SilverSneakers® Circuit</b> 8:30-9:20am - Christina	<i>(GYM)</i> <b>SilverSneakers® Circuit</b> 8:30-9:20am - Lisa	<i>(GYM)</i> <b>SilverSneakers® Circuit</b> 8:30-9:20am - Christina	<i>(Studio)</i> <b>Zumba</b> 8:30-9:20am - Shelia
<b>(Pool) Senior Water</b> 8:35-9:25am - Christina	<i>(Studio)</i> <b>Yoga</b> 10:30-11:20am - Cathy	<i>(Studio)</i> <b>LaBlast</b> 8:30-9:20am - Chris	<i>(Studio)</i> <b>Yoga</b> 10:30-11:20am - Connie	<b>(Pool) Senior Water</b> 8:35-9:25am - Christina
<b>(Pool) Water Arthritis</b> 10:45-11:25am - Christina		<b>(Pool) Senior Water</b> 8:35-9:25am - Christina		<b>(Pool) Water Arthritis</b> 10:45-11:25am - Christina
		<b>(Pool) Water Arthritis</b> 10:45-11:25am - Christina		

## **VRC SENIOR MEMBERS 55+ ARE FREE:**

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

## **55+ NON-VRC MEMBERS:**

\$3.00 for daily visit

## **55+ SENIOR PUNCH CARD:**

10 Visits for \$20.00 / 20 Visits for \$40.00

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

## **SENIOR VOLLEYBALL**

*Tuesday/Thursday 1:00p-3:30p*

## **SENIOR PICKLEBALL**

*Monday 7:00a-9:00a; 11:30-2:00p*

*Tuesday/Thursday 9:45a-11:45a*

*Wednesday 11:30a-2:00p*

Included in Senior VRC Membership  
\$3 to drop-In / 1 visit from senior punch card

Weather Hotline: (937)552-2200

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.

**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!

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

**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® 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** - 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.