



# Senior Fitness Schedule: Ages 55+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SilverSneakers® Classic</b> 7:30-8:15am-Christina	<b>SilverSneakers® CardioFit</b> 7:30-8:15am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:15am – Lisa	<b>SilverSneakers® CardioFit</b> 7:30-8:15am - Christina	<b>SilverSneakers® Classic</b> 7:30-8:15am-Christina
<b>Zumba®</b> 8:30-9:15am – Lindsay	<b>SilverSneakers® Circuit</b> 8:30-9:15am - Christina	<b>POUND®</b> 8:30-9:15am – Lisa	<b>SilverSneakers® Circuit</b> 8:30-9:15am - Christina	<b>Zumba® / Pound®</b> 8:30-9:15am – Cheryl/Lisa
(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am- Christina	<b>Chair Yoga</b> 9:30-10:15am - Cathy	(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am - Christina	<b>Chair Yoga</b> 9:30-10:15am - Connie	(Pool) <b>SilverSneakers Splash®</b> 8:30-9:15am - Christina
(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina		(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina		(Pool) <b>Combo H2O</b> 9:30-10:15am - Christina
(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina		(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina		(Pool) <b>Water Arthritis</b> 10:30-11:15am - Christina

All land classes are currently being held in the gymnasium.

*This schedule is temporary and subject to change at any time.*

*Land classes are 45 minutes long to allow efficient cleaning of equipment in between classes.*

*Please maintain social distancing of 6ft feet while participating in classes.*

## SENIOR PICKLEBALL

Monday/Wednesday/Friday 11:30a-2:00p

Tuesday/Thursday 10:30a-12:30p

## SENIOR VOLLEYBALL

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

Pickleball/Volleyball included with VRC Senior Membership or paid senior daily visit.

## VRC SENIOR MEMBERS:

Senior classes listed above are included with membership

## NON-VRC SENIOR MEMBERS:

\$3.00 for daily visit

## SENIOR PUNCH CARD:

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

# 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.

**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® 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.

**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.

**POUND®** - A cardio jam session inspired by the energizing fun of playing the drums! You won't just listen to incredible music—you'll become the music in this exhilarating, full-body workout that combines conditioning and strength training. This can be done sitting in a chair or standing.

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