

July & August Fitness Classes

MORNING CLASSES

Silver Sneakers Muscular Strength and Range of Motion (MSROM) Mon 9:35-10:20AM; Th 9-9:45AM

Have fun and move to the music with **Laura** in this class consisting of activities for daily living. Weights, tubing, balls and a chair will be used.

Silver Sneakers Cardio Circuit Tu 9-9:45 AM

Get your groove on with **Laura** in this low-impact class designed to improve your cardiovascular and muscular health. Weights, tubing, and a ball will be used. A chair will be provided for support, stretching and relaxation.

Water Workout Wed 8-9 AM

Join **Laura/Sue** for this low-impact class in the therapy pool. Come and enjoy a total body workout that is easy on the joints. We'll have a splash!

Monday Mania Mon 8:30-9:30 AM

Get ready to work off your weekend indulgences! Have fun with **Keri** as she takes you through an intense toning class. Your muscles will surely burn!

Summer Surprise Wed 8:30-9:30 AM

Join **Holly** as she mixes things up! Class might be inside, outside, or a little of both. Come, have fun, and be prepared for anything!!!!

In & Out Circuit Challenge Fri 8:30-9:30 AM

Let **Erin B.** push you to your limits! She will guide you through a circuit that may be inside, outside or a combination of both. It's time to enjoy the beautiful weather!

Instructor's Choice Sat 8:30-9:30 AM

Be surprised and get your weekend off to a fabulous start! This workout will vary week to week, but is designed to accommodate all fitness levels.

EVENING CLASSES

Half Hour of Power Mon, Wed 5:30-6:00 PM

Join **Jill P.** for an intense 30 minutes of toning. Classes will alternate focusing on abs and upper body or abs and lower body. Burn baby, burn!

Cardio Blast Tues 6:30-7:30PM

Anything goes in this total body workout. Be prepared for **Shelly** to mix it up with different types of cardio - step, intervals, circuit training and more. Strength and stretching will be included.

Pool Power Mon. Th 6:30-7:30 PM

Join **Laura/Sue** for a high intensity class using the resistance of water.. Although we move fast, the water acts as a cushion, so this class is gentle on your joints!

Cardio Kickboxing Thurs 7-8 PM

Join **Holly** as she teaches this fast paced class! You'll work off your frustrations with a routine of jabs, punches and kicks! Class includes weights and toning.

Yoga Thurs 7:30-8:30PM

Join **Sue Wynn** for a workout that will focus on stretching, strengthening, relaxing and rejuvenating your tired muscles. It is a perfect end to your day!

(class located in the therapy room)

Classes are designed to be fun and motivating for everyone! Instructors show modifications so participants can work at their own fitness levels!