

MAY Silver Sneakers Classes

Silver Sneakers Classes are free for Silver Sneakers members. Senior Center members who are not Silver Sneakers may still participate in classes by paying a class fee. Advanced registration required.

UPDATES TO CURRENT CLASSES:

Senior Shape Up (MWF 10:00-10:30) has now become **SilverSneakers® Classic**

For beginner to intermediate. Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support, as well as hand-held weights, tubing, and balls. Your instructor can modify exercises for your fitness level.

May 7 - Jun 18	Mon	9:50 - 10:35 a.m.	Instructor: Sharon Benner
May 2 - Jun 20	Wed	9:50 - 10:35 a.m.	Instructor: Annette Santoro
May 4 - Jun 22	Fri	9:50 - 10:35 a.m.	Instructor: Sharon Benner

Resident: \$17 / Nonresident: \$21 / Silver Sneakers Member: Free

Country Heat Mon 10:35 and Low Impact Aerobics Fri 10:35 classes have a slight time change due to newly added Silver Sneakers classes

- **Country Heat** (Mon 10:35a.m.) will now start 5 min later at **10:40a.m.**
- **Low Impact Aerobics** (Fri 10:35 a.m.) will now start 5 min later at **10:40a.m.**
- **Chair Yoga** (Wed 4:45p.m.) has now become **SilverSneakers® Yoga** (Wed 4:45p.m.)

NEW CLASSES:

SilverSneakers BOOM™ MUSCLE



For intermediate to experienced. This class is designed around athletic-based choreography inspired by HIIT training trends to incorporate athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks, activity-specific drills, use hand-held weights to improve strength and functional skill.

May 7 - Jun 18	Mon	11:30 - 12:00 p.m.	Instructor: Pam Benko
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Resident: \$12 / Nonresident: \$15 / Silver Sneakers Member: Free

SilverSneakers® Yoga

For beginner to intermediate. Move through seated and standing yoga poses in this chair-based class designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

May 2 - Jun 20	Wed	8:10 - 8:55 a.m.	Instructor: Anette Santoro
May 2 - Jun 20	Wed	4:45 - 5:30 p.m.	Instructor: Anette Santoro

Resident: \$34 / Nonresident: \$43 / Silver Sneakers Member: Free

SilverSneakers BOOM™ MIND

For intermediate to advanced. The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance. Please bring a mat.

May 3 - Jun 21	Thu	8:15 - 8:45 a.m.	Instructor: Denise Molesch
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Resident: \$12 / Nonresident: \$15 / Silver Sneakers Member: Free