

SILVERSNEAKERS® MUSCULAR STRENGTH AND RANGE OF MOVEMENT (MSROM) –

A non-impact class designed to improve your skills for daily living. Get fit using a chair, balls, bands, and weights all set to great music.

SILVERSNEAKERS] CARDIO CIRCUIT- A non-impact class designed to increase cardiovascular endurance and standing upper body strength

YOGASTRETCH® -Sit or stand to perform yoga poses and stretches to improve your strength, flexibility and breathing.
SILVERSNEAKERS® WELCOME AT NO CHARGE!!

Ez Duz It: A slower paced aerobic class.
BEGINNER/INTERMEDIATE

RETRO-ROBICS-Dance and sweat to music from the 60's 70's and 80's. **BEGINNER/INTERMEDIATE**

CARDIOBLAST- 50 minutes of pure cardio! No equipment used.

STEP IT UP- Simple step combinations to great music.
INTERMEDIATE/ADVANCED

CIRCUIT TRAINING- Alternates aerobics/step with weights, bands, balls and hoop. **INTERMEDIATE/ADVANCED**

INTERVAL TRAINING- Alternates levels of high and low intensity, followed by floorwork and stretching.
INTERMEDIATE/ADVANCED

ENDURANCE BLAST- Core strength intervals to take you to the next level. **INTERMEDIATE/ADVANCED**

PRIME THE PUMP- A cardiovascular workout. Get ready to sweat!
ALL LEVELS

POWER PUMP- An Aerobic Center original. It's like having your own personal trainer. Builds strength & definition using weights, bands and balls.
ALL LEVELS

CARDIO PUMP- Who would think lifting weights could be cardio???
ALL LEVELS

ZUMBA®- a latin based dance class that uses international themes (salsa, merengue, belly dancing, African beats, etc.) Ditch the workout! Join the Party!! **ALL LEVELS**

YOGA- Improve strength, flexibility and balance. Yoga mat recommended. **ALL LEVELS**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30 Zumba)		5:45-6:30 Power Pump	CLASS WALK-IN FEES: 30 min class: \$2.00 45 min class: \$3.00 60 min class: \$5.00		
8:00-8:45 Yoga Add'l Fee	8:30-9:15 Ez Duz It	8:00-8:45 Yoga Add'l Fee	8:30-9:15 Ez Duz It			
9:00-10:00 *Cardio Blast	9:15-10:15 *Interval Training	9:00-10:00 * Retro- Robics	9:15-10:15 * Circuit Training	9:00-10:00 *Step It Up	9:00-9:30 *Prime the Pump	
10:00-11:00 *Cardio Pump	10:15-11:00 *Zumba®	10:00-11:00 *Power Pump	10:15-11:00 *Zumba®	10:00-11:00 *Power Pump	9:30-10:30 *Power Pump	
11:00-11:45 Silver Sneakers® CardioCircuit	11:15-12:00 YogaStretch®	11:00-11:45 Silver Sneakers® MSROM	11:15-12:00 YogaStretch®	11:00-11:45 Silver Sneakers® MSROM No class 9/24!	10:30-11:30 *Zumba®	
All classes must maintain an average of 10 class participants to remain on the schedule.						
				WHEELING DOWNS CASINO/RACETRACK BUS TRIP Wednesday, September 29th Bus Leaves at 8am and returns 5:30pm Cost \$20 Includes \$20.00 coin and \$5.00 food coupon. Anyone 55 or older "FREE LUNCH" in the ballroom. Includes soups, salads, sandwiches, desserts and beverages. Must register and pre-pay by 9/22!!		
4:30-5:15 Zumba®		4:30-5:15 Zumba®				
5:30-6:30 *Power Pump	New Time 5:30-6:30 *Zumba®	5:30-6:30 *Power Pump	New Time 5:30-6:30 *Zumba®	SilverSneakers*/Senior Luncheon Friday, September 24th at 12-2PM! Roasted chicken provided. Please sign up to bring a covered dish to pass! Non-members: \$5.00 Must sign up by 9/22!		
6:30-7:30 *Zumba®	6:30-7:15 *Endurance Blast!!	6:30-7:30 *Zumba®	6:30-7:15 *Kickboxing			