



# SilverSneakers<sup>®</sup> Class Schedule

|           |                              |                                |
|-----------|------------------------------|--------------------------------|
| Monday    | CLASSIC<br>10:30<br>Jennifer | CIRCUIT<br>11:30<br>MaryHelen  |
| Tuesday   |                              | CIRCUIT<br>11:30<br>MaryHelen  |
| Wednesday | CLASSIC<br>10:30<br>Jennifer | BOOM Move<br>11:30<br>Jennifer |
| Thursday  | NO<br>CLASSES                | TODAY                          |
| Friday    | CLASSIC<br>10:30<br>Jennifer | CIRCUIT<br>11:30<br>Jennifer   |

## SilverSneakers class descriptions:

**Classic:** Great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. This is the basic level class.

**Circuit:** Offers safe and effective non-impact aerobic activity plus upper body strength work with hand weights, bands, and balls. This class is MOSTLY standing.

**Boom Move:** A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. There are NO CHAIRS used in this class. Advanced.

\*Classes are first come, first served. Maximum capacity is 30.

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