

Mon	Tue	Wed	Thur	Fri	Sat
3 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30pm Power Pump 5:30-6:30pm Cardio Step	4 7:15-8am Yoga 10-11am SS Classic 5:30-6:30pm Shake it Fit	5 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	6 7:15-8am Yoga 10-11am SS Classic 4:30-5:30 Power Pump 5:30-6:30pm Shake it Fit	7 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	8
10 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30pm Power Pump 5:30-6:30pm Cardio Step	11 7:15-8am Yoga 10-11am SS Classic 5:30-6:30pm Shake it Fit	12 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	13 7:15-8am Yoga 10-11am SS Classic 4:30-5:30 Power Pump 5:30-6:30pm Shake it Fit	14 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	15
17 9-10am SS Circuit 10-10:30am CANCELLED 4:30-5:30pm Power Pump 5:30-6:30pm Cardio Step	18 7:15-8am CANCELLED 10-11am SS Classic 5:30-6:30pm Shake it Fit	19 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	20 7:15-8am CANCELLED 10-11am SS Classic 4:30-5:30 Power Pump 5:30-6:30pm Shake it Fit	21 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	22
24 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30pm Power Pump 5:30-6:30pm Cardio Step	25 7:15-8am Yoga 10-11am SS Classic 5:30-6:30pm Shake it Fit	26 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	27 7:15-8am Yoga 10-11am SS Classic 4:30-5:30 Power Pump 5:30-6:30pm Shake it Fit	28 9-10am SS Circuit 10-10:30am SS Yoga 5:30-6:30pm Circuit Burn	29 Happy Leap Year
					"SS" = Silver Sneakers"

BEGINNER CLASSES

- **SS Classic** - Move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls are offered for resistance. Chairs available if needed for support.
- **SS Yoga** - Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

INTERMEDIATE CLASSES

- **SS Circuit** - Fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-help weights, elastic tubing and a ball is alternated with low-impact aerobic choreography. A chair for standing support, stretching and relaxation exercises.
- **Line Dancing** - A variety of dance styles with fun music which a group of people perform together with a sequence of dance moves in unison.
- **Shake it Fit** - This explosive workout features current dance moves choreographed to today's hottest beats!!! We add in some old school aerobic moves and free weight toning for a great MIX! Work at your own pace; we take anyone who is willing to get up and move!
- **Power Pump** - A high energy, full body workout including resistance training, agility drills, Tabata, pilates and stretches. This class will get your heart pumping, body moving and boost your fitness results.

ADVANCED CLASSES

- **Circuit Burn** - High intensity workout focusing on strength building and muscular endurance. Tone your entire body and build your cardiovascular capacity with this fun and intense circuit training class. Changing lives 3 minutes at a time.
- **Cardio Step** - A fun, calorie blasting class incorporating combinations and choreography to create an exciting, non-stop cardio workout. This class gets your heart pumping and your muscles working.

Hours:

Monday- thru Friday
 7am to 10pm
 Saturday
 9am to 12pm
 Sunday - CLOSED