

Mon	Tue	Wed	Thur	Fri	Sat
"SS" = Silver Sneakers"				1 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm Yoga 5:30-7pm Fitness Boot Camp	2 10:30-11:30am <i>Saved by the Bell</i>
4 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30 Power Pump 5:30-7pm Fitness Boot Camp	5 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 5:30-6:30pm Dance Fitness 6:30-7:30pm Dance Toning	6 9-10am SS Circuit 10-10:30am SS Yoga 5:30-7pm Cardio Step 7-8pm <i>Saved by the Bell</i>	7 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 4:30-5:30 Power Pump 5:30-6:30pm Dance Fitness 6:30-7:30pm Dance Toning	8 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm Yoga 5:30-7pm Fitness Boot Camp	9 10:30-11:30am <i>Saved by the Bell</i>
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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.
- **Dance Fitness/Toning** - 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.
- **Saved by the Bell** - A class using variable weighted kettle bells which are a highly efficient tool to kick your fitness goals. This type class utilizes whole body movements which will strengthen and challenge your body while elevating your heart rate to achieve optimal results.

ADVANCED CLASSES

- **Fitness Boot Camp** - Physical training class that mixes traditional callisthenic and body weight exercises with interval and strength training. This workout targets all your muscles. Get stronger and more toned.
- **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