

Senior Fitness Classes

Hip & Knee

These exercises are designed to address the most common weaknesses and tissue tightness associated with hips and knees. Improving your strength and range of motion will likely improve your ability to stand, bend and walk more smoothly and with less pain. Improving your strength and range of motion is beneficial for continued healthy lifestyle. If you have questions regarding the exercises, consult your physical therapist

Day	Time	Dates	Location	Code	Ages	Fees
M & F	1:00-1:30P.M.	3/1-3/12	Rec Plex	25336-01	55+	10/12/16
M & F	1:00-1:30P.M.	3/15-3/26	Rec Plex	25336-02	55+	10/12/16
M & F	1:00-1:30P.M.	4/5-4/16	Rec Plex	25336-03	55+	10/12/16
M & F	1:00-1:30P.M.	4/19-4/30	Rec Plex	25336-04	55+	10/12/16
M & F	1:00-1:30P.M.	5/3-5/14	Rec Plex	25336-05	55+	10/12/16
M & F	1:00-1:30P.M.	5/17-5/28	Rec Plex	25336-06	55+	10/12/16

Strength & Balance

Mobility exercise class to improve balance and strengthen your main muscle groups. A chair is provided, bring water and an elastic band with you to class.

Day	Time	Dates	Location	Code	Ages	Fees
Wed	1:00-1:30 P.M.	3/3-3/10	Rec Plex	25345-01	55+	0/5/6/8
Wed	1:00-1:30 P.M.	3/17-3/24	Rec Plex	25345-02	55+	0/5/6/8
Wed	1:00-1:30 P.M.	4/7-4/14	Rec Plex	25345-03	55+	0/5/6/8
Wed	1:00-1:30 P.M.	4/21-4/28	Rec Plex	25345-04	55+	0/5/6/8
Wed	1:00-1:30 P.M.	5/5-5/12	Rec Plex	25345-05	55+	0/5/6/8
Wed	1:00-1:30 P.M.	5/19-5/26	Rec Plex	25345-06	55+	0/5/6/8

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on the individual's fitness level and abilities. It is suitable for beginning to intermediate skill levels.

Day	Time	Dates	Location	Code	Ages	Fees
Tu/Th	11:15-12:00 P.M.	3/2-3/11	Rec Plex	25352-01	55+	0/10/12/16
Tu/Th	11:15-12:00 P.M.	3/16-3/25	Rec Plex	25352-02	55+	0/10/12/16
Tu/Th	11:15-12:00 P.M.	4/6-4/15	Rec Plex	25352-03	55+	0/10/12/16
Tu/Th	11:15-12:00 P.M.	4/20-4/29	Rec Plex	25352-04	55+	0/10/12/16
Tu/Th	11:15-12:00 P.M.	5/4-5/13	Rec Plex	25352-05	55+	0/10/12/16
Tu/Th	11:15-12:00 P.M.	5/18-5/27	Rec Plex	25352-06	55+	0/10/12/16

Stretch & Strength

Stay strong and limber with our strength and stretch class! Handheld weights and body weight will be used to build and maintain muscle while slow stretches will be performed to help you stay flexible and limber.

Day	Time	Dates	Location	Code	Ages	Fees
Tu	11:00-12:00	3/2-3/9	Rec Plex	25070-01	55+	5/6/8
Tu	11:00-12:00	3/16-3/23	Rec Plex	25070-02	55+	5/6/8
Tu	11:00-12:00	4/6-4/13	Rec Plex	25070-03	55+	5/6/8
Tu	11:00-12:00	4/20-4/27	Rec Plex	25070-04	55+	5/6/8
Tu	11:00-12:00	5/4-5/11	Rec Plex	25070-05	55+	5/6/8
Tu	11:00-12:00	5/18-5/25	Rec Plex	25070-06	55+	5/6/8