



SENIOR ADULT STUDIO GROUP FITNESS CLASSES

MEMORIAL DAY - LABOR DAY

MONDAY

10:45 - 11:30am
Senior Fitness
Cardio + Strength

11:45am - 12:45pm
Chair Yoga

TUESDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness
Endurance

1:00 - 2:00pm
Chair Yoga

WEDNESDAY

10:45 - 11:30am
Senior Fitness
Cardio + Mobility

12:00 - 1:00pm
Chair Yoga

THURSDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness
Endurance

1:00 - 2:00pm
Chair Yoga

FRIDAY

10:45 - 11:30am
Zumba Gold

1:00 - 2:00pm
Chair Yoga

CHAIR YOGA: AN ACCESSIBLE PRACTICE THAT ADAPTS TRADITIONAL YOGA POSES USING A CHAIR FOR SUPPORT. CLASS WILL INCLUDE BOTH SEATED AND STANDING POSTURES. THERE ARE NO POSES ON THE GROUND AND SHOES CAN BE WORN DURING CLASS.

SENIOR FITNESS CLASSES: SAFE LOW IMPACT CLASS FOR SENIOR ADULTS. EACH CLASS HAS A SLIGHTLY DIFFERENT FOCUS, WHICH IS DESIGNATED IN THE CLASS TITLE.

SILVER SNEAKERS CARDIO FIT: HEART-HEALTHY AEROBICS TO USING LOW-IMPACT MOVEMENTS. CLASS FOCUSES ON BUILDING UPPER-BODY, CORE STRENGTH, AND CARDIO ENDURANCE.

SILVER SNEAKERS CLASSIC: STRENGTHEN MUSCLES, INCREASE RANGE OF MOTION, WHILE IMPROVING BALANCE AND COORDINATION. EQUIPMENT UTILIZED: DUMBBELLS, RESISTANCE BANDS, AND SILVER SNEAKERS BALL. CHAIRS ARE AVAILABLE FOR ADDITIONAL SUPPORT.

ZUMBA GOLD: DANCE TO LATIN, POP AND WORLD RHYTHMS. ZUMBA GOLD IS DESIGNED FOR ACTIVE OLDER ADULTS, BEGINNERS, AND ANYONE SEEKING A GENTLER WORKOUT. THIS CLASS IMPROVES BALANCE, MOBILITY, AND COORDINATION – ALL WHILE KEEPING THE FUN, PARTY-LIKE ATMOSPHERE.

CLASS RATES:	PER CLASS	10 PASS	20 PASS
PREMIUM MEMBER ADULT	\$8	\$63	\$126
PREMIUM MEMBER SENIOR (62+)	\$6	\$54	\$108
PREMIUM MEMBER YOUTH (14-17)	\$6	\$54	\$108
NON-MEMBER ADULT	\$9	\$81	\$162
NON-MEMBER SENIOR (62+)	\$7	\$63	\$126
NON-MEMBER YOUTH (14-17)	\$7	\$63	\$126
ULTIMATE MEMBER	INCLUDED		

ALL SENIOR CLASSES ARE HELD IN THE DANCE ROOM

**Registration required for all classes.
Scan QR code with your phone to register
or visit: chrcgroupfitness.as.me**

