

SILVER SNEAKERS® CLASS SCHEDULE

updated 9/1/19

MONDAY

7:30AM	SilverSneakers Classic	Studio 2
8:20AM	SilverSneakers Stability	Studio 2
10:45AM	SilverSneakers Classic	Studio 2
11:45AM	SilverSneakers Cardio	Studio 2
12:30PM	SilverSneakers Stability	Studio 2

TUESDAY

10:45AM	SilverSneakers Circuit	Studio 2
11:45AM	SilverSneakers Yoga	Studio 2
1:00PM	SilverSneakers Classic	Studio 2

WEDNESDAY

7:30AM	SilverSneakers Classic	Studio 2
10:45AM	SilverSneakers Classic	Studio 2
11:45AM	SilverSneakers Cardio	Studio 2
12:30PM	SilverSneakers EnerChi	Studio 2

THURSDAY

10:45AM	SilverSneakers Circuit	Studio 2
11:00AM	SilverSneakers Splash	Main Pool
11:45AM	SilverSneakers Yoga	Studio 2
1:00PM	SilverSneakers Classic	Studio 2

FRIDAY

7:30AM	SilverSneakers Classic	Studio 2
10:45AM	SilverSneakers Classic	Studio 2
11:45AM	SilverSneakers Yoga	Studio 2

SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your needs and abilities.

Silver Sneakers® Classic (45 Min.) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers® Circuit (45 Min.) Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Silver Sneakers® Cardio (45 Min.) Get Up & go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers® Yoga (45 Min.) will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash (45 Min.) Open to everyone! LOTS of fun in the shallow water to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers® kickboard is used to develop strength, balance, and coordination.

SilverSneakers® Stability (30 Min.) Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

SilverSneakers® EnerChi (30 Min.) combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.



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