

SILVER SNEAKERS® CLASS SCHEDULE

updated 5/1/23

MONDAY

| | | |
|---------|------------------------|----------|
| 8:15AM | SilverSneakers Classic | Studio 2 |
| 10:00AM | SilverSneakers Classic | Studio 2 |
| 11:15AM | SilverSneakers Cardio | Studio 2 |

TUESDAY

| | | |
|---------|-------------------------|----------|
| 10:45AM | Silver Sneakers Circuit | Studio 2 |
| 11:45AM | Silver Sneakers Yoga | Studio 2 |

WEDNESDAY

| | | |
|---------|------------------------|----------|
| 8:15AM | SilverSneakers Classic | Studio 2 |
| 10:00AM | SilverSneakers Classic | Studio 2 |
| 11:15AM | SilverSneakers Cardio | Studio 2 |

THURSDAY

| | | |
|---------|-------------------------|----------|
| 10:45AM | Silver Sneakers Circuit | Studio 2 |
| 11:45AM | Silver Sneakers Yoga | Studio 2 |

FRIDAY

| | | |
|---------|------------------------|----------|
| 10:00AM | SilverSneakers Classic | Studio 2 |
| 11:00AM | SilverSneakers Yoga | Studio 2 |



Scan Code to download
your own copy of the Schedule.

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.



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