



GLENDALE COMMUNITY COLLEGE

SilverSneakers® & Senior Fitness Class Schedule

SPRING 2012

January 17th – May 25th

All Fitness Center Students are welcome to participate in the classes below.

	Monday	Tuesday	Wednesday	Thursday	Friday
8AM	■ Cardio/Step & Strength Conditioning Lorrie Karn Room FW-01		■ Step & Strength Conditioning Becky Brees FW-01		■ Step & Latin Cardio Vicki Shepherd Room FW-50
9 AM	SilverSneakers® YogaStretch® Ann Saltz Room FW-01	◆ Line Dance Susie Kimball Room FW-01	SilverSneakers® YogaStretch® Susie Kimball Room FW-01	◆ Line Dance Susie Kimball Room FW-01	◆ Line Dance Susie Kimball Room FW-01
10 AM	◆ Cardio – Level 1 Ann Saltz Room FW-01	◆ Cardio/ Strength & Balance Susie Kimball Room FW-01	◆ Step – Level 1 Ellen Fine Room FW-01	◆ Cardio/Strength & Balance Susie Kimball Room FW-01	◆ Cardio - Level 1 Vicki Shepherd Room FW-01
11 AM	SilverSneakers® Muscular Strength Ann Saltz Room FW-01	SilverSneakers® Muscular Strength Susie Kimball Room FW-01	SilverSneakers® Muscular Strength Ellen Fine Room FW-01	SilverSneakers® Muscular Strength Susie Kimball Room FW-01	SilverSneakers® Muscular Strength Vicki Shepherd Room FW-01
12 PM		Tai Chi Mary Lea Room FW-01	Positive Thought Mary Lea T2-105	Tai Chi Mary Lea Room FW-01	
4 PM	Stretch & Relaxation Susie Kimball Room FW-01 Mat Based Class		Stretch & Relaxation Susie Kimball FW-01 Mat Based Class		

◆ = This class format is appropriate for the **moderate** exerciser, or for participants with previous exercise experience who would to take their fitness program to the next level. Options will be offered to accommodate all fitness levels.

■ = This class format is appropriate for the **experienced** exerciser.

Class Descriptions are listed on the back of this schedule.