

SilverSneakers® and Senior Class Descriptions

SilverSneakers® – Muscular Strength & Range of Movement (MSROM): A SilverSneakers® certified class. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support. Coordination drills and balancing included.

◆ **Cardio – Level 1:** A low-impact senior based aerobics class using basic rhythmic movements for the upper and lower body. This class is designed for participants to learn the basic of the cardiovascular aerobics format, choreography and terminology.

◆ **Step- Level 1:** A low-impact senior based step class designed for participants to learn the basics of the step aerobics format, choreography and terminology. This class is appropriate for participant new to the step aerobics format, choreography will be basic. Chairs are available for support. The use of a step platform is optional. All fitness levels are welcome to participate.

■ **Step & Strength Conditioning:** A senior based step aerobics class for the experienced exercisers, choreography options will be offered to increase intensity both physically and mentally. This class will include strength conditioning.

■ **Step & Latin Cardio:** A senior based step & Latin cardiovascular aerobics class for the experienced exercisers, choreography options will be offered increase intensity both physically and mentally.

■ **Cardio/Step & Strength Conditioning:** A senior based cardiovascular low impact & step aerobics class for the experienced exercisers, choreography options will be offered to increase intensity both physically and mentally. This class will include strength conditioning.

◆ **Cardio/Strength & Balance:** A low-impact senior based aerobics class using basic rhythmic movements for the upper and lower body. This class includes strength conditioning challenges and balance drills.

Tai Chi: An ancient Chinese martial arts form of meditation with a constant flow of energy and movement. Tai Chi combines mental concentration, slow breathing and dance-like movements to increase chi (life energy).

SilverSneakers YogaStretch®: An ancient practice for bringing body and mind into harmony using meditation, physical postures, breathing, and exercise.

Positive Thought: Ancient Chinese Qi Gong breathing exercises that open channels of energy to heal within. Relaxation and discussion is included.

Stretch & Relaxation: Full body stretch performed lying on a mat with low lighting and relaxation music. Stretching increases flexibility and reduces stress.

◆ **Line Dance:** Step by step instructions for a variety of line dances.

◆ = 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.