



Class Descriptions

SilverSneakers® Muscular Strength & Range of Movement (MSROM)

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, and a chair is used for

SilverSneakers® Cardio Circuit:

Have fun and really get moving to the music with this energetic cardio class! The tools from MSROM (weights, band, and chair) are still used, but you must be able to stand

Senior Water Aerobics: Stretch and exercise using water for resistance. Low-impact aerobics will strengthen your muscles, increase flexibility and increase energy levels. Class is Tuesdays & Thursdays 10-11am and Saturdays 9-10am.
 COST: \$3 Limit 6 participants,

Single Class rates are \$5 for non-members.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012 			1 .	2 Cardio Circuit 9-10am MSROM 10-11am	3 Coffee & BP 10am MSROM 10:30-11:30am	4 Senior Water Aerobics 9:00 am
5	6 Cardio Circuit 9-10am MSROM 10-11am	7 CardioFit 8-9 am	8	9 Cardio Circuit 9-10am MSROM 10-11am	10 Coffee & BP 10am MSROM 10:30-11:30am	11 Senior Water Aerobics 9:00 am
12	13 Cardio Circuit 9-10am MSROM 10-11am	14 CardioFit 8-9 am	15	16 Cardio Circuit 9-10am MSROM 10-11am	17 Coffee & BP 10am MSROM 10:30-11:30am	18 Senior Water Aerobics 9:00 am
19	20 Cardio Circuit 9-10am MSROM 10-11am *Lunch & Learn*	21 CardioFit 8-9 am	22	23 Cardio Circuit 9-10am MSROM 10-11am	24 Coffee & BP 10am MSROM 10:30-11:30am	25 Senior Water Aerobics 9:00 am
26	27 Cardio Circuit 9-10am MSROM 10-11am	28 CardioFit 8-9 am	29		Class schedule Subject to change. Please call 768-4550 to sign-up.	Silver Sneakers classes are FREE to all Village Fitness Members