

ACTIVE ADULT & SILVER Sneakers®

CLASS SCHEDULE*

SilverSneakers® is a fitness program designed for Medicare participants with select health insurance plans; however, all patrons welcome to try SilverSneakers® and Active Adult classes. To check SilverSneakers® eligibility, stop by Guest Services at the Family FunPlex, Active Adult Center or Greeley Recreation Center. November 2019



MONDAY

Stability & Balance Plus
(Maddie)
7-7:45am Fitness Studio
FFP

Progressive Yoga
(Maddie)
8-8:45am Fitness Studio
FFP

SS Splash
(Beth) ©
8-8:45am Pool
FFP

Cardio Fit
(Susan)
9:45-10:30am
Fitness Studio
GRC

SS Classic (Edie)
10-10:45am Mtg Rm 2
AAC

SS Yoga (Heather)
10:45-11:30am
Fitness Studio
GRC

SS Circuit (Denise) ©
12-12:45pm
Fitness Studio FFP

TUESDAY

SS Boom Move It
(Denise) ©
9-9:45am Fitness Studio
FFP

SS Classic (Maddie)
9-9:45am Fitness Studio
GRC

SS Circuit (Denise) ©
10-10:45am
Fitness Studio
FFP

SS Circuit (Heather)
10-10:45am
Fitness Studio
GRC

Progressive Yoga
(Maddie)
10-10:45am
Dance Studio B
GRC

SS Classic (Denise) ©
11-11:45am
Fitness Studio
FFP

WEDNESDAY

Stability & Balance Plus
(Maddie) 7-7:45am
Fitness Studio FFP

Progressive Yoga
(Maddie) ©
8-8:45am Fitness Studio
FFP

SS Splash
(Beth) ©
8-8:45am Pool
FFP

Cardio Fit
Susan
9:45-10:30am
Fitness Studio
GRC

SS Classic (Edie)
10-10:45am
Meeting Rm 2 AAC

SS Yoga (Heather)
10:45-11:30am
Fitness Studio
GRC

SS Circuit (Denise) ©
12-12:45pm
Fitness Studio
FFP

THURSDAY

SS Boom Move It
(Denise) ©
9-9:45am Fitness Studio
FFP

SS Classic (Maddie)
9-9:45am Fitness Studio
GRC

SS Circuit (Denise) ©
10-10:45am
Fitness Studio
FFP

SS Circuit (Heather)
10-10:45am
Fitness Studio
GRC

Progressive Yoga
(Maddie)
10-10:45am
Dance Studio A
GRC

SS Classic (Denise) ©
11-11:45am
Fitness Studio
FFP

FRIDAY

Stability & Balance Plus
(Maddie) 7-7:45am
Fitness Studio FFP

SS Splash
(Beth) ©
8-8:45am Pool
FFP

CardioFit Plus (Denise)
9:30-10:30am
Fitness Studio FFP

SS Classic (Sheri)
10-10:45am Mtg Rm 2
AAC

KEY

⌘ - Additional Fee & Registration Required
*Classes and times subject to change

© - Child Care available
©* - Child Care available, but may be limited

SilverSneakers® Class Descriptions

The following is a description of the SilverSneakers® classes, held weekly that are free to members; non-members pay the daily facility admission fee.

SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. (45 min) ©*

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.(45 min) ©*

SilverSneakers® Boom Move It

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music. (45 min) ©*

SilverSneakers® Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

SilverSneakers® Splash

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

CardioFit

A low-impact aerobics class to enhance strength and cardiovascular fitness. This moderate intensity class is for all levels. (45 mins) (C)*

CardioFit Plus

A low-impact aerobics class to enhance strength, agility and cardiovascular fitness, with more advanced moves than CardioFit. This moderate to high intensity class is for all levels. (45 mins) (C)*

Progressive Yoga

(Formerly SilverSneakers® Yoga) Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.(45 min)

Stability & Balance Plus

(Formerly SilverSneakers® Stability)

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. (45 min)