

In-Person & Virtual AOA Fitness Class Schedule

NOVEMBER 2020

CCC members only & registration required if attending in-person

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:15am	SS® Yoga / Nancy	Functional Strength & Coordination / Marie	SS® Classic / Carisa	SS® Yoga / Nancy	Stability & Mobility / Marie

Class Descriptions

Functional Strength & Coordination: This format is specifically for older adults. Strengthen your body to live a healthier lifestyle. We will use a five segment format to help with cardio support, coordination, functional strength, mobility and range of motion.

SS® Classic: This SilverSneakers® format is specifically for older adults. 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. A chair is used for seated and/or standing support.

SS® Yoga: This SilverSneakers® format is geared towards active older adults. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

Stability & Mobility: This format is specifically for older adults. This class will help you become stronger and improve balance with a combination of SilverSneakers® Stability class elements. This class will also use Tai Chi-type movements.

Schedule is subject to change at any time due to instructor availability and/or class attendance.