<table>
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<th>Monday</th>
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| **SilverSneakers Classic**  
11:00AM-12:00PM  
Ben R.                                      | **SilverSneakers Circuit**  
11:00AM-12:00PM  
Leslie K.                                    | **SilverSneakers Yoga**  
11:30AM-12:30PM  
Rebecca W.                                    | **SilverSneakers Classic**  
11:00AM-12:00PM  
Christine S.                                 | **Active Older Adults Boom** (Muscle &Mind)  
10:15AM-11:00AM  
Christine S.                                 |
| **Active Older Adult Tai Chi**  
1:00PM-2:00PM  
Dean S.                                      | **SilverSneakers Yoga**  
12:15PM-1:15PM  
Christine S.                                 | **SilverSneakers Circuit**  
11:15AM-12:15PM  
Christine S.                                 |                                                           |                                                           |

All SilverSneakers classes take place in the Multipurpose Room on the 1st Floor.

**Classic**: 50+ approved class. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginners to intermediate skill level.

**Yoga**: 50+ Approved class. Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**Circuit**: 50+ approved class. This Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and be adapted depending on the skill of individual participants.

**Active Older Adult Tai Chi**: Often called moving meditation, this class is a graceful form of exercise that helps reduce stress and improve overall health through stretching and gentle movement.

**Active Older Adult Boom**: Focus on improving balance and flexibility in this class inspired by yoga and pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout. There's never a dull moment in this action-packed workout featuring athletic moves taken from your favorite sports like golf and tennis.