

Monday	Wednesday	Thursday
9:30 Level Three Fitness	9:30 Level Three Fitness	9:30 Level Three Fitness
10:30 Level Two Fitness	10:30 Level Two Fitness	10:30 Level Two Fitness
11:30 Level One Fitness	11:30 Level One Fitness	11:30 Level One Fitness

**All classes are ½ hour in duration for the month of April. There are a limit of 16 per class!
You may only attend ONE class per Day!**

Levels:

1- Beginner: 11:30AM- NOON

Chair class with standing and balance exercises. Examples would include **Arthritis class**.

2 – Intermediate: 10:30AM- 11:00 AM

Class will be mixed with standing and sitting exercises. Examples would include **Healthy Steps in Motion and Silver Sneakers Classic**.

3 – Advanced: 9:30AM – 10:00AM

Classes will be **ALL STANDING**. Examples include **Silver Sneakers Circuit, Hi/Low Cardio**.

Class Descriptions:

Arthritis Class: Chair class concentrating on individual muscle groups with use of hand weights and Balance exercises. Level One

Stretching: Relaxing series of stretches to help you become flexible and strong. Level One.

Silver Sneakers Classic: Warm-up, combination of resistance bands and weights, balance exercises and cool down. Level Two.

Cardio/ Core: Hi/Lo Aerobics, cool down followed with core stability exercises. Level Two/Three.

Total Body Workout: All standing: Warm- up, aerobic movements combined with the use of resistance bands and weights, balance exercises. Level Three.

Circuit Class: All standing: Stations will be set up utilizing hand weights, resistance bands, light plyometrics and core training. Level Three.