

# Senior Fitness Class Schedule

Aerobic Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8 am Boomer Strength Janne		7:30-8 am Boomer Strength Janne		
8:05-8:35 am Boomer Strength Janne	8-9 am Boomer Boot Camp Janne	8:05-8:35 am Boomer Strength Janne		8-9 am Boomer Circuit Janne
8:35-9:05 am Boomer Stretch Janne		8:35-9:05 am Boomer Stretch Janne		
				11:05-12:00 pm Gentle Yoga Angie
				12:10-12:55 pm Tai Chi Jill

Community Rooms B & C

8:25-9:10 am *  Tiffany	8:30-9:15 am Yoga Tammy	8:25-9:10 am *  Tiffany	8:30-9:15 am Yoga Tammy	8:25-9:10 am *  Tiffany
9:30-10:15 am Circuit Janne	9:30-10:15 am  Tammy	9:30-10:15 am Circuit Tammy	9:30-10:15 am  Tammy	9:30-10:15 am Circuit Tammy
10:30-11:15 am Functional Fitness Tammy	10:30-11:15am T'ai Chi For Health Jill	10:30-11:15 am Functional Fitness Tammy		10:30-11:15 am Functional Fitness Janne
11:30-12:15 pm Yoga Tammy	12:45-1:30pm SilverSneakers® Classic Tammy	11:30-12:15 pm Yoga Tammy	12:45-1:30pm SilverSneakers® Classic Tammy	
1:45-2:30 pm Circuit Tammy		1:45-2:30 pm  Tammy		

Classes listed do not include all that we offer. If you feel that you are ready to try another class listed on our Fitness or Pool schedules please consult your physician and contact our Senior Advisor, Tammy Jones at 360.487.7038 to see which might be the next appropriate class to take.

## Senior Fitness Class Descriptions:

**Boomer Boot Camp:** Increase your endurance by performing a variety of cardio and weight exercises, geared toward ages 50+.

**Boomer Circuit:** Increase your endurance using weights, bands, balls, and PACE® machines, geared toward ages 50+.

**Boomer Strength:** A resistance program geared toward ages 50+.

**Boomer Stretch:** A stretching program geared toward ages 50+.

**Gentle Yoga:** Learn to breathe consciously, create greater body awareness and reduce stress. Allow your body to melt away tension as you experience deeper relaxation and tranquility. Open to all levels and is a great introduction to yoga.

**Silver&Fit® Experience:** For moderately active older adults who exercise in some way one to two days per week. The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

**Circuit:** Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance, A chair is available if needed for seated or standing support.

**Yoga:** A modified yoga class done from a chair and standing positions. Breathing, stretching, core strength, balance and muscular endurance are the focus of the class. Ending with a relaxation period.

**Functional Fitness:** This class uses various tools to increase Muscular strength, balance, and mental fitness to make everyday activities easier to achieve. Movements will be done both seated and standing depending on one's abilities.

**Tai Chi For Health:** This form of T'ai Chi consists of 21 fluid movements to improve muscular strength, coordination, mobility, balance, breathing and relaxation. These gentle exercises are safe for a wide range of conditions and ability levels.

**T'ai Chi:** This form consists of the Yang 24 fluid movements improve balance, coordination, agility and better health.

**Zumba® Gold** This class is given either standing or seated. It incorporates fun music and Latin and international rhythms. It's a great way to give more excitement and spice to your workout! Be sure to bring a small towel and water.

All classes are open to **SilverSneakers®**, **Silver&Fit®** and **Passholders**, with the exception of **SilverSneakers® Classic**. **SilverSneakers® must show membership card and sign-in with Instructor and all others must pay an \$8.00 fee at front desk and bring receipt to class to attend.**

Classes may be cancelled at any time. In the event of Inclement weather, please call (360) 487-7040. To find out more information regarding our other programs, call (360) 487-7017, or visit [www.vanparksrec.org](http://www.vanparksrec.org).