



Alternative Activities and Classes August 26, 28 and 30 (while the pool is closed)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00am – 10am Coffee Hour in the lobby</p> <p>10:00am – 11:00am CPR and First Aid Pointers (Melynda) Overview of CPR, First Aid and Choking procedures (Please sign up at the member service desk)</p>	<p>9:45am – 10:30am SS® Classic (Brandi)</p> <p>1:15pm – 2:15pm Senior Chair Yoga (Brenda)</p>	<p>10:30am – 11:30am Senior Chair Yoga (Brenda)</p> <p>11:30am – 12:30pm Ice Cream Social (Please sign up at the member service desk)</p>	<p>9:45am – 10:30am Silver Circuit (Genevieve)</p> <p>1:15pm – 2:05pm Silver Stretch (Joy)</p>	<p>9:00am – 10:am Tai chi (Susan Sowers) Tai chi can improve balance control, fitness, and flexibility, and might cut the risk of falls in older people.</p> <p>10:15am – 11:00am SS® Classic (Brandi) Class designed to increase muscular strength, range of movement and improve daily living skill activities.</p>

Active Adult - "Silver" Group Exercise Descriptions

SS® Classic - 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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Stretch - Silver Stretch will move your whole body through a complete series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Splash - Activate your aqua urge for variety! Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special kickboard can be used to develop strength, balance and coordination.

No Impact Water Aerobics - This class incorporates water walking and exercises that concentrate on joint movements, range of motion, mobility, flexibility, balance and endurance, while addressing a variety of chronic diseases. Great class for beginners.

Silver Circuit - this class offers standing and non-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing and exercise balls. A chair is used for standing support and increased effectiveness.

Senior Chair Yoga: In this introductory level class we focus on slow and easy movements to loosen the joints, increase mobility and muscle strength, improve breathing and help focus the mind to enhance cognitive function.