

SILVERSNEAKERS® GROUP EXERCISE CLASS SCHEDULE FOR ACTIVE OLDER ADULTS

CLASS DESCRIPTIONS ON BACK

South YMCA at the Morse Center

3rd Floor Dowling Hall, UT/MC Campus
Annette Heckman, Senior Advisor at 419-383-5370

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 am until 11:40 am		YogaStretch® Alison		YogaStretch® Alison	
1:00 pm until 2:00pm	SilverSneakers® Annette	SilverSneakers® Annette	SilverSneakers® Peg	SilverSneakers® Annette	SilverSneakers® Annette

Wolf Creek YMCA

Wendy Czerwinski, Senior Advisor at 419-866-9622

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am until 9:00 am		SilverSneakers® Wendy		SilverSneakers® Wendy	
10:00 am until 11:00 am	SilverSneakers® Wendy		SilverSneakers® Wendy		
10:45 am until 11:30 am		SilverSplash® Wendy		SilverSplash® Wendy	
11:00 am until 11:30 am					YogaStretch® Wendy
1:30 pm until 2:15 pm		SilverSplash® Peg		SilverSplash® Michelle	
2:15 pm until 3:00 pm	SilverSplash® Michelle		SilverSplash® Annette		

ALL CLASSES ON THIS SCHEDULE ARE FREE TO SILVERSNEAKERS® MEMBERS. THE CLASSES ARE ALSO PART OF THE UNLIMITED CORE FITNESS CLASSES AVAILABLE TO ALL YMCA/JCC/MORSE MEMBERS FOR A FEE.



CLASS DESCRIPTIONS

SilverSneakers[®] (Muscular Strength and Range of Movement) – 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.

SilverSplash[®] - SilverSplash[®] offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSplash[®] kickboard is used to develop strength, balance and coordination.

YogaStretch[®] – YogaStretch[®] will move your whole body through a complete series of seating and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

GET FIT! MAKE FRIENDS! HAVE FUN!

