

September Senior Calendar



Class Schedule

Classes/Activities	Day	Time	Instructor
SilverSneakers® CardioFit	Mon Wed	10:30 AM - 11:15 AM 10:45 AM - 11:30 AM	Jeanna
SilverSneakers® MSROM	M & W T & Th	9:45 AM - 10:30 AM 10:30 AM - 11:15 AM	Jenn, Rochelle Rochelle
SilverSneakers® Yoga Stretch	Mon Fri	11:15 AM - 12:00 PM 10:45 AM - 11:30 AM	Jeanna Susan
Centre Mix	T & Th	8:15 AM - 9:15 AM	Jeanna
Strength II	T & Th	9:30 AM - 10:15 AM	Rochelle
Brain Teasers Every Friday!!!	Fri	11:45 AM - 12:15 AM	Susan, Rochelle, Jeanna
Wii Wednesdays Bowling, golf, tennis & more	Wed	11:30 AM - 12:30 PM Westfields Studio	Tate
Weight Control Support Group	Wed	10:15 AM - 10:45 AM	Linda Stefonek, Registered Dietitian

September 10th Potluck : 12:30-2:00 PM What do those lab tests mean? Common language on why lab tests are ordered and what the numbers mean.

Next Potluck: Oct. 8th: Is someone's snoring keeping you awake?

Next Bunko Dice Party: September 16th at 1PM



For more information please see: Rochelle Haugen,
Senior Program Coordinator & SilverSneakers® Senior Advisor

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Difficulty Ranking for all classes listed behind name. All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest.

Note: Regardless of difficulty ranking, all classes can be modified to meet the needs of the participants.

Class Descriptions

Cardio Fit(1.5): A “Get-up and Go” class that is easy to follow. Try this low impact aerobic class that is easy on the joints. This class includes upper and lower body strengthening, abdominal conditioning, stretching and a cool down.

Centre Mix(2): A balanced blend of beginning Pilates fused with Yoga based stretch elements to build core strength as it improves flexibility and maximizes relaxation.

Strength II(2): A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

SilverSneakers ® Muscular Strength & Range Of Movement (MSROM)(1): 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.

SilverSneakers ® YogaStretch(1): YogaStretch will move your whole body through a complete series of seated 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 final relaxation will promote stress reduction and mental clarity.

Wii® Sports(1): Have a great time participating in Bowling, Baseball, Golf, Tennis and Boxing on the Nintendo Wii®.