



Fitness Class Schedule

Classes

Location

CMR-Commons Community Room

VS Studio-Village Square Fitness

Monday

9:00	SilverSneakers® Classic	CMR
10:15	SilverSneakers® Classic	CMR
10:15	Chair Volleyball	VS Studio
11:15	SilverSneakers® Stability	CMR
3:15	SilverSneakers BOOM™ MUSCLE	VS Studio

Tuesday

9:15	Tai Chi for Fitness	VS Studio
10:15	Chair Volleyball	VS Studio
11:30	SilverSneakers® Yoga	VS Studio

Wednesday

9:00	SilverSneakers® Classic	CMR
10:15	SilverSneakers® Classic	CMR
10:15	Chair Volleyball	VS Studio
11:15	SilverSneakers® Stability	CMR
3:15	SilverSneakers BOOM™ MUSCLE	VS Studio

Thursday

9:15	Tai Chi for Fitness	VS Studio
10:15	Chair Volleyball	VS Studio
11:30	SilverSneakers® Yoga	VS Studio
1:00	Mat Class (Yoga)	VS Studio
2:30	SilverSneakers® Stability	VS Studio

Friday

9:00	SilverSneakers® Classic	CMR
10:15	SilverSneakers® Classic	CMR

Classes are 45 minutes in duration

Village Square Strength Training Studio Hours

5:00 am – 9:00 pm

Supervised Fitness Hours:

Dates/times are to be determined

(Updated 6/19)



Fitness & Exercise Classes

Chair Volleyball: Enjoy some friendly competition and improve your eye/hand coordination with a rousing game of chair volleyball.

Mat Class (Yoga): In this gentle class, the focus is on moving mindfully. Let your breath be the focus of your practice and allow your limbs to follow your breath. No headstands or intense inversions but a gentle practice that will leave you feeling stretched out, balanced, and ready to take on the rest of your day. This is a great class for beginner and experienced yogis alike. Poses are accessible to all, but this class does require the ability to easily move from the ground to a standing position.

SilverSneakers BOOM™ MUSCLE: This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers® Classic: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Stability: Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

SilverSneakers® Yoga: Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Tai Chi for Fitness: Tia Chi is a gentle exercise that works the entire body. It has been proven via scientific study to increase flexibility, mobility, balance, and strength for fitness and to promote correct body posture.