



## Senior Schedule

### Monday

9:00am SilverSneakers Circuit – Studio 29  
10:30am SilverSneakers Yoga – Studio 29

### Tuesday

8:30am Senior Water Rowing – Turf  
10:15am **BOOM MOVE IT – Studio-13**  
10:45am BODYPUMP LITE-Studio-13

### Wednesday

9:00am SilverSneakers Classic – Studio 29  
10:00am POUND Lite – Studio 29  
10:30am SilverSneakers Yoga – Studio 29

### Thursday

8:30am Senior Ride – Studio-29  
10:15am **BOOM MUSCLE – Studio-13**  
10:45am Line Dancing – Studio 13

### Friday

10:00am POUND Lite Studio-29  
10:30am SilverSneakers Yoga – Studio 29  
**(Schedule Effective 11-1-2018)**



### SILVERSNEAKERS YOGA-45min

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

### SILVERSNEAKERS CLASSIC-45min

Have fun and move to the music through a variety of exercises designed to increase muscle 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 exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to advanced skill levels.

### SILVERSNEAKERS CIRCUIT-45min

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

### SENIOR RIDE-30min

A great class for those new to indoor cycling. You will learn to set up the bike, control resistance and cadence, while get an amazing cardio workout in a controlled environment. This ride will be geared towards a lower intensity level and a lower heart rate zone. No need to be intimidated in this class, just a willing mind, body, and spirit... Pedal to your hearts' desire!

### SENIOR WATER ROWING-30min

Long renowned as the perfect aerobic exercise, the Water Rower is unmatched with its ability to burn calories within a perceived level of exertion. Low Impact and body weight bearing, the Water Rower is perfect for any user. You'll enjoy a smooth, natural resistance and inspiring on-water sound you can't find on air or magnetic rowers.

**BODYPUMP™ LITE-45min** We have taken the original barbell class that strengthens your entire body and modified it to a level that's right for you. This workout will challenge all your major muscle groups using weights safely and effectively to the most upbeat music. Instructors are there to guide you with many options, and inspire you every step of the way!!! No previous experience needed. Everyone welcome.

### ROCKSTARS WANTED-30min

**POUND® Lite** is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. The Ripstix® add 1/4 lb. extra weight to each movement, creating contraction in the core and stabilization system. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique, all while rocking out to your favorite music! Drastically improve your rhythm, timing, coordination, endurance, and musicality. Unleash your inner Rockstar and come #MAKENOISE at an upcoming class!

**LINE DANCING-45min** If anyone tells you that line dancing is a thing of the past hasn't experienced the ongoing and upgraded dances that people all over the country continue to experience. So, line up and start stomping with us here at the Nook with some favorite classics and new releases as well.

**BOOM Move-30min** A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves, then building into more complex sequences, bringing you to a great cardio workout.

**BOOM Muscle-30min** Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks" which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.