

## FALL/WINTER ADULT FITNESS SCHEDULE August 14, 2017–June, 2018

Sarah Heinz House (412) 231-2377

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-2:00pm	Fitness Center	Fitness Center	Fitness Center	Fitness Center	Fitness Center	
7:00am-8:30am	Pick up basketball-New gym	Pick up basketball-New gym	Pick up basketball-New gym	Pick up basketball-New gym	Pick up basketball-New gym	
9:30am-10:30am	SilverSneakers® Classic (formerly Muscular Strength) with Bonnie	SilverSneakers® Circuit (formerly Cardio Circuit) with Bonnie	SilverSneakers® Classic (formerly Muscular Strength) with Bonnie	SilverSneakers® Circuit (formerly Cardio Circuit) with Bonnie	9:30 Wise Walk with Barb from Carnegie Library	
10:45am-11:45am		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		
9:45am-1:00pm	Lap Swim		Lap Swim		Lap Swim	
10:45am-11:30am	Water Aerobics With Cathy		Water Aerobics With Cathy		Water Aerobics With Cathy	
10:30am-12:30pm	Game Room Open					
11:30am-1:00pm		Pick up basketball-New gym		Pick up basketball-New gym		

**SilverSneakers® Classic (formerly 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, agility, balance, coordination and activity for daily living skills. Hand held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers® Circuit (formerly Cardio Circuit):** Combine fun and fitness to increase your cardiovascular strength and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**SilverSneakers® Yoga (formerly YogaStretch):** SilverSneakers® Yoga 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 movements. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Water Aerobics:** A low impact aerobic workout that tones the muscles of the arms, chest, shoulders, legs, glutes and back. The higher resistance of the water will give you a greater work out with no risk of injury to your joints. Thirty minutes exercising in the water that is equivalent to two hours of walking on dry land! No swimming experience necessary.

\$30/month membership or \$300/year.