



Important Dates – Summer 2019

SHH Adult Fitness

- Wed, June 12:** May be limited parking due to dumpsters for end of the year cleanup
- Thurs, June 13:** No Adult Fitness due to PPS Wellness Symposium
- Fri, June 14:** No Fitness Classes due to moving day and pre-construction work
- Mon, June 17:** No Adult Fitness due to Day Camp First Day

Tuesday, June 18 Summer Class Times Start – see other side for class times

Thurs, July 4: CLOSED / No Adult Fitness due to holiday

REGULAR FITNESS SCHEDULE RESUMES AUG 12, 2019

REGULAR POOL SCHEDULE RESUMES AUG 19, 2019 (due to annual pool maintenance)

The Games Room, Gym/Walking indoors & Lunch time basketball will not be available from June 18th-August 9th



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SUMMER ADULT FITNESS-SCHEDULE June 18, 2019-August 9, 2019

PLEASE SEE OTHER SIDE FOR IMPORTANT DATE(S) INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-2:00pm	Fitness Center	Fitness Center	Fitness Center	Fitness Center	Fitness Center	CLOSED
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	CLOSED
7:00am-9:45am	Lap Swim		Lap Swim		Lap Swim	CLOSED
8:45am-9:30am	Water Aerobics with Cathy		Water Aerobics with Cathy		Water Aerobics with Cathy	CLOSED
9:00am-9:45am	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	CLOSED
10:00am-10:45am		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		CLOSED

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. Pool exercise equipment is provided. Water shoes recommended but not mandatory. No Street shoes (any shoes worn outside) on the pool deck.