

Sarah Heinz House (412) 231-2377



FALL/WINTER ADULT FITNESS SCHEDULE

September 13, 2021–June 13, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-2:00pm	Fitness Center	Fitness Center	Fitness Center	Fitness Center	Fitness Center	
7:00am-8:30am	Fitness Pass Pick up basketball- New gym		Fitness Pass Pick up basketball-New gym		Fitness Pass 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		
10:45am-11:45am		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		SilverSneakers® Yoga (formerly YogaStretch) with Bonnie		

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. Handheld 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.

**Dance Studio is available for use when there is not a scheduled class in session or a program event.*