



# Adult Fitness Schedule

*Begins August 12, 2024*

	MON	TUE	WED	THU	FRI
6 AM - 2 PM	FITNESS CENTER				
9:30-10:30 AM	SILVER SNEAKERS® <i>Classic</i>	SILVER SNEAKERS® <i>Circuit</i>	SILVER SNEAKERS® <i>Classic</i>	SILVER SNEAKERS® <i>Circuit</i>	
10 AM - 1:30 PM	LAP SWIM <i>No lane access from 11-11:45 AM</i>	LAP SWIM	LAP SWIM	LAP SWIM <i>No lane access from 11-11:45 AM</i>	LAP SWIM
10:45-11:45 AM		SILVER SNEAKERS® <i>Yoga</i>		SILVER SNEAKERS® <i>Yoga</i>	
11-11:45 AM	WATER AEROBICS		WATER AEROBICS		

## SILVER SNEAKERS® *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.

## SILVER SNEAKERS® *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.

## SILVER SNEAKERS® *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 resistance of the water will give you a great workout with less risk of injury to your joints. Thirty minutes exercising in the water is equivalent to 2 hrs. of walking on dry land! No swimming experience necessary, pool exercise equipment provided. Water shoes are recommended but not required. *No street shoes on pool deck.*

For more information, please call us at 412.231.2377, email Bonnie Banze at [banze@sarahheinzhouse.com](mailto:banze@sarahheinzhouse.com), or visit our website at [sarahheinzhouse.org](http://sarahheinzhouse.org).

*Contact your Health Insurance to find out if it includes a fitness benefit. For example Sarah Heinz House accepts: SilverSneakers®, Renew Active or ASH Fitness for Free Fitness Membership Benefits. You may also join Sarah Heinz House as an Adult Fitness Member for \$30/month or \$300/year. Stay tuned for more information on our Senior Center!*