Village Commons Community Room & Village Commons Fitness Room

Effective 9.28.20

Location

CMR-Commons Community Room
CFR-Commons Fitness Room

Monday		
9:00 am	*SilverSneakers® Classic	CMR
10:00 am	Fitness Room (1 hr)	CFR
11:15 am	*SilverSneakers® Stability	CMR
12:15 pm	Fitness Room (30 min)	CFR
1:00 pm	Fitness Room (30 min)	CFR
Tuesday		
11:00 am	Fitness Room (30 min)	CFR
11:45 am	Fitness Room (30 min)	CFR
12:30 pm	*SilverSneakers® Classic	CMR
1:30 pm	Fitness Room (30 min)	CFR
2:30 pm	*SilverSneakers BOOM™ MUSCLE	CMR
Wednesday		
9:00 am	*SilverSneakers® Classic	CMR
10:00 am	Fitness Room (1 hour)	CFR
11:15 am	*SilverSneakers® Stability	CMR
12:15 pm	Fitness Room (30 min)	CFR
1:00 pm	Fitness Room (30 min)	CFR
Thursday		
11:00 am	Fitness Room (30 min)	CFR
11:45 am	Fitness Room (30 min)	CFR
12:30 pm	*SilverSneakers® Stability	CMR
1:30 pm	Fitness Room (30 min)	CFR
2:30 pm	*SilverSneakers BOOM™ MUSCLE	CMR
Friday		
9:00 am	Fitness Room (1 hour)	CFR
10:30 am	*SilverSneakers® Classic	CMR
1:00 pm	Fitness Room (1 hour)	CFR
2:00 pm	Fitness Room (30 min)	CFR

*ONLY 4 people per time slot in Fitness Room & 15 people in each Class

Classes are 30-40 minutes in duration.

Fitness & Exercise Classes

Intensity Levels- ask a Wellness team member for descriptions.

SilverSneakers® Classic: *(Intensity Level 1)* Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Stability: *(Intensity Level 1)* Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

SilverSneakers BOOM™ MUSCLE: *(Intensity Level 2)* This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.