Village Square Fitness Class Schedule

Effective 10.19.20

Classes		Location
		VS Studio-Village Square Fitness
Monday		
9:00 am	SilverSneakers® Classic	VS Studio
10:00 am	Chair Volleyball	VS Studio
11:30 am	SilverSneakers® Stability	VS Studio
1:30 pm	SilverSneakers BOOM™ MUSCLE	VS Studio
3:00 pm	Senior Kickboxing	VS Studio
Tuesday		
9:00 am	SilverSneakers® Stability	VS Studio
11:30 am	SilverSneakers® Chair Yoga	VS Studio
2:30 pm	Silver Sneakers® Classic	VS Studio
Wednesday		
9:00 am	SilverSneakers® Classic	VS Studio
10:00 am	Chair Volleyball	VS Studio
11:30 am	TaiChi	VS Studio
1:30 pm	Stretch-N-Flex	VS Studio
3:00 pm	SilverSneakers® BOOM™ MUSCLE	VS Studio
Thursday		
9:00 am	SilverSneakers® Stability	VS Studio
10:00 am	Chair Volleyball	VS Studio
11:00	TaiChi	VS Studio
2:30 pm	Silver Sneakers® Classic	VS Studio
Friday		
9:00 am	SilverSneakers® Classic	VS Studio
10:00 am	Chair Volleyball	VS Studio
11:30 am	SilverSneakers® Chair Yoga	VS Studio
1:30 pm	SilverSneakers® BOOM™ MUSCLE	VS Studio

Classes are 30-40 minutes in duration.

Fitness & Exercise Classes

Intensity Levels- ask a Wellness team member for descriptions.

Chair Volleyball: *(Intensity Level 1)* Enjoy some friendly competition and improve your eye/hand coordination with a rousing game of chair volleyball.

Senior Kickboxing: (*Intensity Level 2-3)* Improves balance and coordination, reducing the risk of falls and/or muscle weakness. Kickboxing also burns calories and helps with flexibility.

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® Yoga: *(Intensity Level 1)* Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

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.

Stretch and Flex: *(Intensity Level 1)* This class focuses on preparing your body for movement throughout the day with slow stretches and exercises to work your muscles. Participants will experience greater flexibility and increased energy.

TaiChi: *(Intensity Level 1)* TaiChi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.