

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m.	Jump Start Your Day (45min. class)	Muscle Wake Up (45min. class)		Muscle Wake Up (45min. class)	Jump Start Your Day (45min. class)		
8:15 a.m.	Fit & Strong (45min. class)		Fit & Strong (45min. class)				
9:00 a.m.		Sliver Sneakers® Classic (60min. class)		Sliver Sneakers® Classic (60min. class)			
5:15 p.m.	Body Blaster (45min. class)		Body Blaster (45min. class)				
6:00 p.m.	Hustle for the Muscle (30min. class)		Hustle for the Muscle (30min. class)				Gentle Yoga (45min. class)
7:00 p.m.							Basic Yoga (60min. class)

Please note: If SDA schools have a late start, early dismissal, or school is cancelled, then all classes before 5:00 p.m. are cancelled. Classes will be held after 5:00 p.m. based on the current weather conditions & instructor availability. If you are planning to come to a class at the Fitness Center during questionable weather, please call first to avoid unnecessary driving. If there is no answer, or your message is not returned in a timely manner, you can consider class cancelled.

- Classes will not be held for less than 3 participants
- Classes are free to full members
- Non-members may purchase a day pass to attend classes
- Silver Sneakers® is a registered mark of Healthways Health Support, Inc.
- Staff: Silver Sneakers®, AFAA and Certified Yoga Instructors



BODY BLASTER - This 45 minute cardio class offers low impact moves, but high intensity to raise your heart rate and burn calories. This complete workout includes; a warm-up, the cardio section may include a step segment, bootcamp HIIT moves, tabata, or an interval segment and a cool-down. Low impact moves are always demonstrated.

FIT & STRONG - This 45 minute morning class is an energizing mix of cardio and strength training, for individuals looking to enhance their fitness levels. The first 30 minutes are low impact cardio, followed by 15 minutes of full body strength training.

HUSTLE FOR THE MUSCLE - This is a short 30 minutes of strength, toning and abs. So get your hustle on.

JUMP START YOUR DAY - This 45 minute class is formatted to include a variety of cardio, strength training, cool down and stretch. A great way to jump-start your day!

MUSCLE WAKE UP (Toning & Core) -Are you ready to enlist? These 45 minute classes include cardio with muscle toning and strength exercises to challenge your strength and endurance while burning lots of calories. Core stability is included along with a cool down/stretch to end this dynamic workout.

SILVERSNEAKERS® CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

YOGA - Choose the class that best fits your schedule and interests.

- **Basic Flow** is a 60 minute class designed for all levels of yoga. This class offers the full spectrum of yoga benefits including a vigorous workout, increased flexibility and balance and a bliss filled mind. It is the perfect way to unwind from a busy weekend and get energized for the coming week.

- **Gentle Yoga** - This 45 minutes class, for the true beginner, or anyone who may want a bit slower pace. Combined with slow movements and restorative elements, this class will get you ready for the week ahead!