

SILVERSNEAKERS



March

Su	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	2	3 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	4	5 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	6
7	8 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	9 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	10 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	11 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	12 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	13
14	15 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	16 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	17 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	18 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	19 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	20
21	22 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	23 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	24 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	25 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	26 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	27
28	29 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	30 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	31 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock			

McMinnville Parks and Recreation Department
 500 Garfield St. McMinnville, TN 37110
 Phone: 931-473-1212 Fax: 931-473-1214
 Email: www.mcminnparks@mcminnvilletenn.com
 Website: www.mcminnvilletenn.com

March

All classes are held in the McMinnville
 Civic Center Aerobics Room.

"Sneaker
Time"

HAPPY
St. Patrick's
Day!


DATES TO REMEMBER:

March 10th– Bloodmobile 12-6 pm
March 24th– Lunch and Learn 12-1 pm

MARCH 26TH-28TH
Warren County Home Builders
Association
HOME SHOW

Friday, March 26th: 4-9 pm
Saturday, March 27th: 9-9 pm
Sunday, March 28th: 1-5 pm

March Social
Tai Chi Demo

Come ready to participate in a fun and stress-reducing class . Enjoy in a low impact and slow movement class that is suitable for all ages.

Speaker and Instructor– Hilda Lytle from the UT Extension Office
March 15th at 10:15 am

SILVERSNEAKERS®
CARDIO CIRCUIT

COMBINE FUN WITH FITNESS
TO INCREASE YOUR
CARDIOVASCULAR AND
MUSCULAR ENDURANCE
POWER WITH A STANDING
CIRCUIT WORKOUT.
UPPER BODY STRENGTH WORK
WITH HAND-HELD WEIGHTS,
ELASTIC TUBING WITH
HANDLES AND A BALL IS
ALTERNATED WITH
NON-IMPACT AEROBIC
CHOREOGRAPHY. A CHAIR IS
OFFERED FOR SUPPORT,
STRETCHING AND RELAXATION
EXERCISES.

MUSCULAR STRENGTH
RANGE OF MOVEMENT CLASS

PARTICIPANTS 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 IS
ALTERNATED WITH
NON-IMPACT AEROBIC
CHOREOGRAPHY. A CHAIR IS
OFFERED FOR SUPPORT,
STRETCHING, AND
RELAXATION EXERCISES.