

SILVERSNEAKERS



July

Su	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	3
	<h1>JULY</h1>					
4	5 NO CLASS! CIVIC CENTER CLOSED	6	7 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	8	9 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	10
11	12 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	13	14 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	15	16 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	17
18	19 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	20	21 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	22	23 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	24
25	26 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	27	28 9:15 a.m. MSROM/ Cardio Circuit Melanie Brock	29	30 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	31

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

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

"Sneaker Time"



DATES TO REMEMBER:

July 3– 4th of July Downtown Celebration
Fireworks at 9 pm

July 5– Civic Center Closed

July 14– Bloodmobile 12-6 pm

July 28– Lunch and Learn

HAPPY 4TH OF JULY!

PLAN TO JOIN US ON THE 4TH OF JULY FOR
DOWNTOWN ACTIVITIES AND FIREWORKS



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.