

Beginning January 2009

SilverSneakers® Cardio Circuit

Class Schedule

<p>Monday Cardio Circuit 9:15 a.m. Melanie Brock</p> <p>MSROM 10:15 a.m. Melanie Brock</p>	<p>Tuesday MSROM 9:15 a.m. David Dunlap</p>	<p>Wednesday Cardio Circuit 9:15 a.m. Melanie Brock</p> <p>MSROM 10:15 a.m. Melanie Brock</p>	<p>Thursday MSROM 9:15 a.m. David Dunlap</p>	<p>Friday Cardio Circuit 9:15 a.m. David Dunlap/ Justin Scott</p>
--	--	---	---	--

Muscular Strength & Range of Movement

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.



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.