

MONDAY

9:15-10:00am	Flow & Tone	MB	Valerie
10:00-11:00am	YogaStretch	MB	Valerie
11:00-12:00pm	Cardio Circuit	A	Lori

TUESDAY

9:00-9:30am	Tai Chi/QiGong	MB	Kathy
9:30-10:30am	Corepole POW	A	Valerie
11:00-12:00pm	Fit & Fabulous	1	Lori

WEDNESDAY

10:00-11:00am	MSROM	A	Janet
11:00-12:00pm	Asian Fusion	1	Janet

We Welcome Your Feedback!

Contact:

Valerie Willms, Director of Older Adult Programs

610-376-2100 x 327

vwillms@bodyzonesports.com

Classes are ongoing.

Come 10 minutes early and we'll help you get set up.

Bring a water bottle.

Wear comfortable sneakers and layered clothing.

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3103 Paper Mill Rd • Wyomissing • 610-376-2100

Older Adult GroupX

SCHEDULE REVISION DECEMBER 5, 2011

THURSDAY

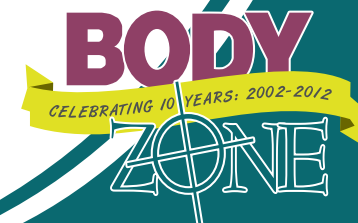
9:15-10:15am	Zumba Gold	MB	Joy
10:00-11:00am	Cardio Circuit	A	Valerie
11:00-12:00pm	YogaStretch	MB	Danielle

FRIDAY

11:00-12:00pm	MSROM	A	Danielle
12:00-1:00pm	YogaStretch	MB	Kelly



KEY: MB - Mind Body Studio
A - Agility Room
1 - Studio 1



CLASS DESCRIPTIONS

SILVERSNEAKERS® SIGNATURE FORMATS

MSROM (Muscular Strength and 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.

Cardio Circuit Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching and complete relaxation in a comfortable position.

YogaStretch YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction & mental clarity.

MIND & BODY

Asian Fusion Practiced for over 5000 years by Asian seniors, this priceless blend of tai chi, qi gong and yoga incorporates continuous, gentle movement to purify and rejuvenate the whole body. Specific benefits include strengthening of the immune system, alleviating aches and pains, replacing feelings of fear and anxiety with tranquility and confidence, increasing memory and mental clarity, and releasing tension from the body and mind.

Tai Chi/Qi Gong Traditional Chinese movement exercises used to improve posture, balance, coordination, endurance and flexibility, and to maintain good health and quality of life. Tai Chi can be done slowly or quickly and is used as a way to combine meditation and movement.



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SOMETHING MORE

CorePole® POW Utilizing this fitness tool in a group setting brings increased muscle strength and endurance in a fun and social atmosphere. Select the color of band that corresponds with your current fitness level and give it a try. You have to experience it to understand just how beneficial it can be!

Fit & Fabulous If your birth certificate says 55+, but your mind and body say "let's go!", this is the group exercise class for you! Muscle toning, calorie burning and bone density building are the cornerstones of this challenging format. Utilizing a variety of fitness equipment and mat/floor exercises, this workout has all of the intensity with none of the risk.

Flow & Tone A beautiful fusion of standing ballet, yoga, pilates and traditional fitness moves. Techniques that give dancers their sleek and strong bodies will benefit you through improved balance, core strength and posture.

Zumba® Gold Zumba® blends low-impact moves with Latin dance to create a fun, energizing, calorie-burning workout. Zumba® Gold is specifically suited for active older adults and the deconditioned exerciser.