

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.

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.

YogaStretch SilverSneakers 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.

Aquatics

Aqua Flow & Tone Shallow water exercises will be performed in a controlled, flowing manner. Emphasis will be on muscle and core strength, flexibility and balance.

Senior Splash Designed especially for our seniors, this class requires no swimming ability. Build strength, increase your range of motion and enjoy the class camaraderie. Use of a buoyancy belt is recommended for the portion of class we'll spend in deep water.

Water Walk (Ai Chi) Let the water relax your tense muscles as you work your joints to increase their range of motion and strength. This is a gentle approach for first-time water exercisers or those with arthritis or fibromyalgia, or those recovering from injury or surgery. Shallow water only.

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!

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.

Strength Beyond Sneakers If you love Cardio Circuit but yearn for something more, SBS is here! Participants will keep their chair, but use it in new and creative ways, and engage in safe and effective strength techniques geared for sure-fire muscle toning, increased caloric burn and improved bone density. Mat/floor exercises included.

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 de-conditioned exerciser.