



Senior Exercise Classes

Silver Sneakers Classic

- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. hand-held weight, elastic tubing with handles and a silver sneakers ball are offered for resistance.
- A chair is available if needed for seated or standing support.

Silver Sneakers Yoga

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

Strive Fit & Strive Fit Seniors

- Strive Fit is a 45-minute intermediate class.
- Strive Seniors is a 60-minute low intensity class. Both are a circuit-based routine that will slowly guide you using Strive Fit equipment allowing you to target the entire muscle through your entire range of motion.
- This allows for a fun and efficient workout for seniors of all ability level.
- It is recommended that you participate in STRIVE Equipment FUNCTIONAL orientation prior to attending your first class.