

## **SilverSneakers® Class Information and Schedule**

### **SilverSneakers® Muscular Strength and Range of Movement (MSROM):**

Muscular Strength and Range of Movement is primarily a seated muscle-strengthening workout. A chair is used for seated and/or standing support, while hand-held weights, elastic tubing with handles, and a SilverSneakers® ball allow each member to take the workout to their own fitness level. This class is designed to increase strength, flexibility, balance, range of movement, and help make functional activities for daily living (ADL) easier.

### **SilverSneakers® Cardio Circuit:**

Cardio Circuit is a standing class providing aerobic choreography combined with muscular endurance exercises using the hand-held weights, elastic tubing with handles, and a SilverSneakers® ball. It is designed to increase strength, coordination, agility, flexibility, and fitness levels.

### **SilverSneakers® YogaStretch**

YogaStretch will move your whole body through a complete series of seated and/or 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 a final relaxation will promote stress reduction and mental clarity. Note: Do not bring a yoga mat; class is composed of seated/standing poses.



## Rockwell Collins Recreation Center SilverSneakers® Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:05 – 8:50a.m. MSROM	8:05 – 8:50a.m. Cardio Circuit	8:05 – 8:50a.m. MSROM	8:05 – 8:50a.m. Cardio Circuit	8:05 – 8:50a.m. MSROM
	9:05 – 9:50a.m. YogaStretch			9:05 – 9:50a.m. YogaStretch
1:35 – 2:20p.m. MSROM		1:35 – 2:20p.m. MSROM		1:35 – 2:20p.m. MSROM

*REMINDER: As a SilverSneakers® member, you are not limited to SilverSneakers® classes. Make sure to stop by the Rec Center to check out the full group fitness class schedule!*

**We have just over 400 SilverSneakers® members who visit the Rec Center regularly. This is just a sampling of what they have to say about SilverSneakers® at the Rec Center:**

- “Fun! Fun! Fun!”
- “Activity keeps us young!”
- “I find that I work better in a group class setting.”
- “Cardio Circuit is a good full body workout for all ages.”
- “We like having a variety of instructors”
- “I like the time of the classes and the leaders.”
- “The classes have helped me with balance tremendously. Because of a prior serious medical problem, I find the classes have helped me so very much!”
- “The instructors make exercising as enjoyable as it can be!”
- “We enjoy the exercise and the social interaction with everybody.”

If you have any questions about the SilverSneakers® Fitness Program and activities at the Rockwell Collins Recreation Center, please contact the front desk at 319-295-2552.