



**GROUP EXERCISE CLASSES**

270-393-3582

*AUGUST 2022*

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>*At Your Pace Shape Up*</b> 8:45-9:35am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232</p>		<p><b>*At Your Pace Shape Up*</b> 8:45-9:35am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232</p>		<p><b>*At Your Pace Shape Up*</b> 8:45-9:35am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232</p>
<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>CARDIO</b> 9:45-10:30am Bonita</p>	<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>CLASSIC</b> 9:45-10:30am Bonita</p>	<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>CARDIO</b> 9:45-10:30am Bonita</p>	<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>CLASSIC</b> 9:45-10:30am Bonita</p>	<p><b>DRUMS</b> 9:45-10:30am Bonita</p>
<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>YOGA</b> 10:45-11:30am Bonita</p>	<p><i>Line Dancing</i> 10:45-11:30am Bonita</p>	<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>YOGA</b> 10:45-11:30 Bonita</p>	<p><i>Line Dancing</i> 10:45-11:30am Bonita</p>	<p><small>HEALTHWAYS</small> <b>SilverSneakers</b> <small>FITNESS</small></p> <p><b>YOGA</b> 10:45-11:30 Bonita</p>
				<p><b>Over for description of classes →</b></p>

## *Class Descriptions*

**\*AT YOUR PACE SHAPE UP\*** - Come and join a low impact class for a great workout. This class does what the title says; you go at your own pace using a wide variety of techniques for a great combination of strength, endurance, and balance training.

**SILVERSNEAKERS YOGA** – SilverSneakers Yoga 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 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.

**SILVERSNEAKERS 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 weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SILVERSNEAKERS CARDIO** - Get up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. *Floor exercises are included in the class.*

**LINE DANCING** - Come join this fun class that incorporates line dancing for exercise. Work on your dance moves while improving your overall fitness levels and increasing cognitive skills.

**DRUMS** – In this class you will use drumsticks and an exercise ball to drum your way to a better you. This workout promotes physical, social, emotional, and cognitive health at all life stages. Have a blast while using rhythm and music!