

# Active Older Adult Fitness Classes

## October 2019

All classes at the Fieldhouse are included with a membership or day pass. Vesper Hall classes may be drop-in or session-based. Call 816-228-0137 for more information.

	Fieldhouse	Vesper Hall
<b>Monday</b>	8:30 - 9:20 a.m. Silver Sneakers Classic with Cindy	1:00 - 2:00 p.m. Cardio Strength
	10:30 - 11:20 a.m. Silver Sneakers Yoga Stretch with Jen T.	
<b>Tuesday</b>	11:30 a.m. - 12:20 p.m. Silver Sneakers Classic with Jen T.	8:00 - 8:50 a.m. Taijiquan
		9:00 - 9:50 a.m. Modified Tai Chi
		10:30 - 11:30 a.m. Stretching Exercise
		11:30 a.m. - 12:30 p.m. Arthritis Exercise
		1:00 - 2:00 p.m. Yoga Stretch - Intermediate
<b>Wednesday</b>	8:30 - 9:20 a.m. Silver Sneakers Circuit with Cindy	11:30 a.m. - 12:30 p.m. Chair Yoga
		1:00 - 2:00 p.m. Gentle Flow Yoga
<b>Thursday</b>	10:30 - 11:20 a.m. Low Impact Dance Fitness with Susie	8:00 - 8:50 a.m. Taijiquan
		9:00 - 9:50 a.m. Modified Tai Chi
		10:30 - 11:30 a.m. Stretching Exercise
	11:30 a.m. - 12:20 p.m. Silver Sneakers Classic with Jen T.	11:30 a.m. - 12:30 p.m. Arthritis Exercise
		1:00 - 2:00 p.m. Yoga Stretch - Intermediate
<b>Friday</b>	10:30 - 11:20 a.m. Silver Sneakers Circuit with Cindy	1:00 - 2:00 p.m. Gentle Flow Yoga

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### Fieldhouse Classes:

**Silver Sneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion for daily activities. Hand-held weights, elastic tubing, and SilverSneakers balls are offered for resistance. Chairs are available for seated and standing support.

**Silver Sneakers Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**Silver Sneakers Yoga Stretch** - Improve your flexibility, balance, and range of motion safely with Silver Sneakers Yoga Stretch. This class will move your whole body through a complete series of seated and standing yoga poses while using a chair for support. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Low Impact Dance Fitness** - For fans of Zumba, our low-impact dance class fitness class combines multicultural rhythms and unique choreography for a heart-pumping workout suited to the senior population.

### Vesper Hall Classes

**Chair Yoga** - Certified instructor will lead students in various yoga poses while sitting in a chair or standing, but poses can be modified as needed for sitting.

**Gentle Flow Yoga** - Certified instructor will customize the class to each individual. Beginner and intermediate students welcome. Must be able to get up and down to the floor multiple times.

**Yoga Stretch Intermediate** - Certified instructor will customize the class to each individual. New students (with fitness experience) welcome! Students will do various floor and standing poses. Must be able to get up and down to the floor multiple times.

**Cardio Stretch** - Build and stretch muscles while practicing balance.

**Taijiquan** - Yang style, low-impact and gentle form of "mind-body" movement using 37 steps. Helps improve balance, concentration, and focus.

**Tai Chi Modified** - Practice basic movements associated with Tai Chi and Chi Gong. Practice and learn from other participants.

**Arthritis Fitness** - Certified instructor uses gentle movements to increase flexibility and range of motion. All exercises done while sitting.

**Stretching** - Increases strength, flexibility, and reduce your chance of injury. Follow exercise instruction on DVD. Choose to sit or stand.