

# October – Fitness Class Schedule (Del Webb)

Pendleton Center Phone #: 759-5920

| <u><b>MONDAYS</b></u><br><b>7:00am-12:00pm</b><br><b>1:00pm-4:00pm</b>            | <u><b>TUESDAYS</b></u><br><b>7:00am-12:00pm</b>                                    | <u><b>WEDNESDAYS</b></u><br><b>7:00am-12:00pm</b><br><b>1:00pm-4:00pm</b>          | <u><b>THURSDAYS</b></u><br><b>7:00am-12:00pm</b>                                     | <u><b>FRIDAYS</b></u><br><b>7:00am-12:00pm</b><br><b>1:00pm-4:00pm</b>              |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p>9:00 am<br/>SilverSneakers<br/>Classic</p>                                     |                                                                                    | <p>9:00 am<br/>SilverSneakers<br/>Classic</p>                                      |                                                                                      | <p>9:00 am<br/>SilverSneakers<br/>Circuit</p>                                       |
|  | <p>9:00 am<br/>SilverSneakers<br/>Circuit</p>                                      |  | <p>9:00 am<br/>SilverSneakers<br/>Circuit</p>                                        |  |
| <p>10:00 am<br/>Cardio Fit</p>                                                    |  | <p>10:00 am<br/>Cardio Fit</p>                                                     |  | <p>10:00 am<br/>Cardio Fit</p>                                                      |
| <p>11:00 am<br/>Explorer &amp; Balance</p>                                        |                                                                                    | <p>11:00 am<br/>Explorer &amp; Balance</p>                                         |                                                                                      | <p>11:00 am<br/>Explorer &amp; Balance</p>                                          |

## Fitness Class Descriptions – Del Webb

**SilverSneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**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.

**Cardio Fit:** Energetic class for adults who want to work on strength, balance, posture, and improve daily activities. A goal of this program is to increase cardiovascular endurance and strength. A chair is used for seated exercises and standing support. Hand-held weights, elastic tubing with handles and a ball are used for resistance. This is an intermediate level class.

**Explorer & Balance:** Energetic class for adults who want to work on strength, balance, posture, and improve daily activities. This is a gentler, slower workout, with seated or standing exercise options. A goal of this program is to enable the older adult who does require in chair exercise to progress to freely stand and be stable. A chair is used for seated exercises and standing support. Hand-held weights, elastic tubing with handles and a ball are used for resistance.