





December – Fitness Class Schedule (Del Webb)

Pendleton Center Phone #: 759-5920

Closed Christmas Eve Day 12/24 & New Years Eve Day 12/31

<u>MONDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm	<u>TUESDAYS</u> 7:00am-12:00pm	<u>WEDNESDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm	<u>THURSDAYS</u> 7:00am-12:00pm	<u>FRIDAYS</u> 7:00am-12:00pm 1:00pm-4:00pm
9:00 am Silver Sneakers Classic		9:00 am Silver Sneakers Classic		9:00 am Silver Sneakers Circuit
	9:00 am Silver Sneakers Circuit		9:00 am Silver Sneakers Circuit	
10:00 am Balance & Strength		10:00 am Balance & Strength		10:00 am Balance & Strength
11:00 am Silver & Fit Explore		11:00 am Silver & Fit Explore		11:00 am Silver & Fit Explore

Fitness Class Descriptions – Del Webb

Silver & Fit Explore: This is a great class for beginner level members. 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.

Balance & Strength: 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.

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 weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. This is an intermediate level class.

Silver Sneakers 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 Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. This is an intermediate to advanced level class.