**Del Webb – Fitness Class Schedule**

**Pendleton Center Phone Number 928-759-5920**

**\*Classes are subject to change\***

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| ***MONDAYS*** ***7:00am-12:00pm*** ***1:00pm-4:00pm*** | ***TUESDAYS******7:00am-12:00pm*** | ***WEDNESDAYS******7:00am-12:00pm*** ***1:00pm-4:00pm*** | ***THURSDAYS******7:00am-12:00pm*** | ***FRIDAYS******7:00am-12:00pm*** ***1:00pm-4:00pm*** |
|  9:00 amSilver SneakersClassic |   | 8:00 amEner-Chi/Stretch | C:\Users\wellness\AppData\Local\Microsoft\Windows\INetCache\IE\M226JW10\just-do-it-1432951_960_720[1].png   | 9:00 amSilver Sneakers Classic  |
| C:\Users\wellness\AppData\Local\Microsoft\Windows\INetCache\IE\FIIDRDFN\gym-148632_960_720[1].png | 9:00 amSilver Sneakers Circuit | 9:00 amSilver SneakersCircuit | 9:00 amSilver Sneakers Circuit |  |
| 10:00 amBalance & Strength  |  | 10:00 amBalance & Strength  |  | 10:00 amBalance & Strength  |
| 11:00 amSilver & Fit Explore | C:\Users\wellness\AppData\Local\Microsoft\Windows\INetCache\IE\FIIDRDFN\exercise-clip-art-6[1].jpg | 11:00 amSilver & Fit Explore | **C:\Users\wellness\AppData\Local\Microsoft\Windows\INetCache\IE\ARP8ES1R\9211-flame-mascot-cartoon-character-walking-on-a-treadmill-in-a-fitness-gym-poster-art-print[1].jpg** | 11:00 amSilver & Fit Explore  |

**\*Class size is limited. Please contact the fitness center to sign up. Please call if unable to attend a class\***

**Fitness Class Descriptions – Del Webb**

**Ener-Chi/Stretch:** combines modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind.

**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.