

# 2021 Pendleton October Class Schedule

PENDLETON CENTER: 771-5794

<b><u>MONDAYS</u></b> 7am -12pm 1:00pm – 4:30pm	<b><u>TUESDAYS</u></b> 7am –12pm 1:00pm – 4pm	<b><u>WEDNESDAYS</u></b> 7am – 12pm 1:00pm – 4:30pm	<b><u>THURSDAYS</u></b> 7am – 12pm 1:00pm – 4pm	<b><u>FRIDAYS</u></b> 7am – 12pm 1:00pm–4:30pm
7:30 am SilverSneaker Yoga	7:30 am Yoga Fit	7:30 am SilverSneaker Yoga	7:30 am Yoga Fit	7:30 am SilverSneaker Yoga
9:00 am SilverSneaker Classic	9:00 am Boom Move It	9:00 am SilverSneaker Circuit		9:00 am SilverSneaker Circuit
10:00 am Balance & Strength	10:00 am Ener-Chi/Stretch	10:00 am Balance & Strength	10:00 am Ener-Chi/Stretch	10:00 am Balance & Strength
11:00 am Silver & Fit Explorer	11:00 am Balance	11:00 am Silver & Fit Explorer	11:00 am Balance	11:00 am Silver & Fit Explorer
2:30 pm Interval Training	1 pm, 2pm, & 3pm Equipment Orientation	2:30 pm Interval Training	1pm, 2pm, & 3pm Equipment Orientation	

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

**Yoga Fit:** A workout combining the mind and body practices of Yoga, Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. Class is moderately advanced and includes standing positions and mat floor work.

**Balance:** Exercises to improve balance

**Balance & Strength:** Perfect for all fitness levels. This class will help with strength, posture, and improve daily activities. Clients will use weights, resistance tube/band, and soft ball. These are not required. Sturdy chair is recommended.

**Ener-Chi:** 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.

**SilverSneaker 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. Weights, balls, and resistance bands are used. This equipment is not required. A sturdy chair is recommended.

**SilverSneaker Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Clients will use weights, resistance bands and balls. Equipment can be substituted.

**SilverSneaker 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. Sturdy chair is recommended.

**Explorer Class:** Designed for older adults who are just getting started or are returning to an exercise routine. This is a gentler, slower workout, with seated exercise options for the more de-conditioned individual, with extra care to explain the moves and how to safely integrate exercise as part of daily activity. Study chair is required. Client uses weights, balls, and resistance bands. These are not required and can be substituted.

**Interval Training:** A total body, aerobic and strength conditioning workout. This interval based class combines full-body strength training with cardio bursts designed to tone and improve your endurance. Modifications for all fitness levels provided. The equipment that is commonly used is weights, resistance bands and balls. Substitutions can be used.

**Boom Move It:** A dance workout that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

