

SEPTEMBER FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATER AEROBICS 8-8:45AM	CHAIR EXERCISE 8:30-9AM	WATER AEROBICS 8-8:45AM		WATER AEROBICS 8-8:45AM
BALANCE TRAINING 8:30-9AM		BALANCE TRAINING 8:30-9AM		BALANCE TRAINING 8:30-9AM
STRENGTH TRAINING 9-9:30AM		STRENGTH TRAINING 9-9:30AM		STRENGTH TRAINING 9-9:30AM
WATER AEROBICS 4-4:45PM	WATER AEROBICS 4-4:45PM	WATER AEROBICS 4-4:45PM	WATER AEROBICS 4-4:45PM	
	PILATES 5:30-6:15PM			

PINE VILLAGE

CARING PEOPLE, CARING FOR PEOPLE SINCE 1958

OCTOBER FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATER AEROBICS 8-8:45AM	CHAIR EXERCISE 8:30-9AM	WATER AEROBICS 8-8:45AM	CHAIR EXERCISE 8:30-9AM	WATER AEROBICS 8-8:45AM
BALANCE TRAINING 8:30-9AM	Silver Sneakers Stability 9-9:30AM	BALANCE TRAINING 8:30-9AM	Silver Sneakers Stability 9-9:30AM	BALANCE TRAINING 8:30-9AM
STRENGTH TRAINING 9-9:30AM	BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM	BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM
Silver Sneakers Splash 4-4:45PM	Silver Sneakers Classic 4-4:30PM	Silver Sneaker Splash 4-4:45PM	Silver Sneaker Splash 4-4:45PM	
	PILATES 5:30-6:15PM			

No classes
on the 15th

No
morning
classes on
the 20th

All classes are open to everyone

PINE VILLAGE

CARING PEOPLE, CARING FOR PEOPLE SINCE 1958

FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATER AEROBICS 8-8:45AM	CHAIR EXERCISE 8:30-9AM	WATER AEROBICS 8-8:45AM	CHAIR EXERCISE 8:30-9AM	WATER AEROBICS 8-8:45AM
BALANCE TRAINING 8:30-9AM	Silver Sneakers Stability 9-9:30AM	BALANCE TRAINING 8:30-9AM	Silver Sneakers Stability 9-9:30AM	BALANCE TRAINING 8:30-9AM
STRENGTH TRAINING 9-9:30AM	BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM	BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM
Silver Sneakers Splash 4-4:45PM	Silver Sneakers Classic 4-4:30PM	Silver Sneaker Splash 4-4:45PM	Silver Sneaker Splash 4-4:45PM	
	PILATES 5:30-6:15PM			

All classes are open to residents and Wellness Center Members.

CLASS DESCRIPTIONS



LAND-BASED PROGRAMS



BALANCE TRAINING

Sitting, standing, and walking movements to help improve and maintain balance.



CHAIR EXERCISE

Class is designed to stretch and strengthen major muscle groups, while alleviating lower body pain and pressure in a seated position. Great for those who struggle with mobility/balance.



STRENGTH TRAINING

Class is designed to strengthen all major large muscle groups. They are effective for reconditioning muscle groups weakened by disuse or injury.



SILVERSNEAKERS™ STABILITY

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.



ARTHRITIS EXERCISE CLASS

Arthritis exercise class is taught daily to residents in healthcare, assisted living, and



PILATES

Pilates: A low-impact workout focused on core strength, balance, flexibility, and controlled movement. All fitness levels welcome!



SILVERSNEAKERS™ BOOM-MIND

The best of yoga and pilates combined in an intermediate mind-body workout.



SILVERSNEAKERS™ CLASSIC

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.



AQUATICS PROGRAMS



WATER AEROBICS

Designed to stimulate and strengthen the heart, lungs and large muscle groups, this class is 45-minutes including:

- Warm-up
- Stretch
- Total Body Exercises
- 20-25 Minutes of Moderate Intensity Aerobics
- Cool-Down
- Stretch



SILVERSNEAKERS™ SPLASH

Shallow-water exercise for all skill levels to increase strength and cardiovascular endurance.



OPEN SWIM WHEN CLASSES ARE NOT IN SESSION
MONDAY- THURSDAY 8am-5:30pm
FRIDAY 8am-3pm

Check your SilverSneakers® eligibility by scanning the QR code.

SilverSneakers is not required—classes are open to everyone!

