SilverSneakers

PINE VILLAGE

CARING PEOPLE, CARING FOR PEOPLE SINCE 1958

SilverSneakers

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	SILVER SNEAKERS BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM	SILVER SNEAKERS BOOM MIND 9:30-10AM	STRENGTH TRAINING 9-9:30AM
SILVER SNEAKER 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.