SilverSneakers

PINE VILLAGE

SilverSneakers

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 SneakersSplash 4-4:45PM	Silver Sneakers Classic 4-4:30PM	Silver SneakerSplash 4-4:45PM	Silver SneakerSplash 4-4:45PM	
	PILATES 5:30-6:15PM			

All classes are open to residents and Wellness Center Members.