



Washington Regional Center for Exercise

12 East Appleby Rd. / Fayetteville, AR 72703 / Phone: (479) 463-3488 / www.wrcfe.com

Silver Sneakers Aerobics Class Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Studio 2	Progressive Yoga	VariYoga	Progressive Yoga		Progressive Yoga
10:00 a.m. Studio 2	Circuit Circus	SS Chair Yoga	Circuit Circus	SS Chair Yoga	
10:00 a.m. Studio 1		Circuit		Circuit	
11:00 a.m. Studio 2		Chair Yoga Level II		Chair Yoga Level II	
12:00 p.m. Studio 2		Classic		Classic	

Silver Sneakers Aquatics Class Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	Silver Splash		Silver Splash		Silver Splash
10:00 a.m.	Aqua Cardio Combo		Aqua Cardio Combo		Aqua Cardio Combo

****Check the Schedule Periodically For New
Classes****

Aqua Cardio Combo

This moderate intensity cardio/conditioning class uses various formats of interval training, circuit training, water tabata, and muscle strength training to create a total body workout with maximum benefit. A variety of water equipment will be used.

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.

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 aerobic choreography. A chair is used for **standing** support, stretching and relaxation exercises.

Silver Sneakers Chair Yoga

Silver Sneakers 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.

Silver Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Vinyasa Yoga I/II/III

This Gentle Yoga class includes basic to intermediate yoga progressions. These classes offer improvements in overall strength, endurance, flexibility, balance and body awareness. Focus will be placed on alignment and breath as you flow from pose to pose while you restore your equanimity and become more centered. Modifications and props offered for a wide range of abilities.

Chair Yoga Level II

An intermediate yoga class that uses a chair for seated poses and support during standing poses. This class requires you to be on the floor for some simple stretches and relaxation.

Circuit Circus

Interval training with a fun twist! Circuit class will offer a variety of great Tabata workout approaches using many of our favorite pieces of equipment. This is a great class to increase core strength, enhance balance and coordination. Moderate to intense workout.

VariYoga

This class is accessible and adaptable for anyone. Learn poses to help your back, improve balance, improve flexibility, improve sleep and learn techniques to relax.