



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

### Silver Sneakers Aerobics Class Schedule:

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

### Silver Sneakers Aquatics Class Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	Silver Splash		Silver Splash		Silver Splash

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

### **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. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### **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.

### **Gentle Yoga**

This class introduces the fundamentals of Yoga including breath control, proper alignment, mindfulness, as well as improving flexibility. Class is useful for building strength and working around injuries. Modifications and chair options will be offered.

### **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.