



ACTIVE OLDER ADULTS

GROUP CLASS SCHEDULE

South Dade



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30-12:30p.m. Silver Sneaker Chair Yoga East/West Silvia/Grisell	10:30-11:30a.m. Silver Sneakers Cardio & Strength East Nathalia	11:30-12:30p.m. Silver Sneakers Classic/ChairYoga East/West Margaret/Silvia	10:30-11:30p.m. Silver Sneakers Cardio & Strength East Cindy	11:30-12:30p.m. Silver Sneakers Cardio & Fit East Lilly	11:00-12:00p.m. Silver Sneakers Cardio & Strength West Nathalia
12:00-1:00p.m. Spin and Strength Spin Room Nathalia	11:30-12:30p.m. Zumba Gold/Chair Yoga East/West Nathalia/Grisell	12:00-1:00p.m. Spin and Strength Spin Room Nathalia	11:30-12:30p.m. Zumba Gold East Rebecca	12:00-1:00p.m. Silver Sneakers Chair Yoga West Melanie	
12:30-1:30p.m. Silver Sneakers Classic/Meditation East/West Michael/Grisell	12:30-1:30p.m. Tai Chi West Grisell	1:00-2:00p.m. Silver Sneakers Cardio & Strength East Nathalia		12:30-1:30p.m. Silver Sneakers Classic East Nathalia	
1:30p.m.-2:30p.m. Cardio & Strength East Michael					

SilverSneakers Chair Yoga

Light stretching done in a chair with a focus on body awareness, flexibility, range of motion and breathing exercises.

Enhance Fitness

Sponsored by Silver & Fit, this is a senior fitness program that is proven to increase cardiovascular health, muscular strength, flexibility and balance.

SilverSneakers Classic

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Cardio & Fit

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance.

Zumba Gold

This dance class provides modified, low-impact moves for active older adults.

