



GROUP CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

Everyone is welcome to participate. SilverSneakers members are free with non-SilverSneakers members paying a modest fee.

NEW

BOOM MUSCLE

An action-packed, 30-45-minute class intended to help build muscular strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This is a fun yet challenging workout opportunity for all levels.

Modifications are always available and encouraged for your safety and success. **Instructor:** Sheryl Harle.

Tuesday, 1/7-2/11 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

Tuesday, 2/25-4/1 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

NEW

CARDIO DRUM BALL

Work up a sweat with two drumsticks and a big ball! TONS OF FUN and a GREAT cardio workout! Improves your coordination, sense of rhythm, and works your heart at the same time. Moves choreographed to favorite tunes. Drum Ball is proven to benefit the body, strengthen heart & lungs, build healthy strong bones, improve flexibility, and increase muscular strength & endurance. Adaptable for all physical ability levels. **Instructor:** Wendy LeClerc.

Monday, 1/6-2/24 (NC 1/20, 2/17) 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

Monday, 3/10-4/14 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

Wednesday, 1/8-2/12 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

Wednesday, 2/26-4/2 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

CARDIO & STRENGTH

This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening muscle. The workout can be led as variety of low- and high-impact movements that will raise your heart rate and work up a sweat.

Instructor: Karen Chorney.

Monday, 1/6-2/24 (NC 1/20, 2/17) 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

Monday, 3/10-4/14 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

Instructor: Lynn Tracey.

NEW! Saturday, 1/11-3/01 (NC 1/18 & 2/15) 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

CHAIR AEROBICS

This aerobic exercise class is a safe and effective low-impact workout. Chair is used for stability or seated exercise. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise, while significantly reducing the risk of injury or fall. **Instructor:** Sheryl Harle.

Tuesday, 1/7-2/11 9:00-9:45am Fee: Free SS/\$30M/\$35NM

Tuesday, 2/25-4/1 9:00-9:45am Fee: Free SS/\$30M/\$35NM

Classes Continued



SENIOR STRETCH

Senior stretch is a class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

Instructor: Sheryl Harle.

Thursday, 1/9-2/13 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

Thursday, 2/27-4/3 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

Instructor: Lynn Tracey.

NEW! Saturday, 1/11-3/01 (NC 1/18 & 2/15) 11:00am-11:45am Fee: Free SS/\$30M/\$35NM

SILVERSNEAKERS® YOGA

You 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Instructor:** Karen Chorney.

Monday, 1/6-2/24 (NC 1/20, 2/17) 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

Monday, 3/10-4/14 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

STABILITY

Stability is a group exercise class designed specifically to keep participants "safe on their feet". Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall provides substantial knowledge and practical work for class members to increase function and long-term independence. **Instructor:** Sheryl Harle

Thursday, 1/9-2/13 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

Thursday, 2/27-4/3 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun loving adults. It's a dance fitness class that exercises your brain and body. The best part is that no experience is required. Required: Athletic sneakers with a rubber sole. Recommended: Dress in comfortable clothes, and bring a water bottle and sweat towel. **Instructor:** Karen Chorney

Tuesday, 1/7-2/11 9:30am-10:15am Fee: Free SS/\$30M/\$35NM

Tuesday, 2/25-4/1 9:30am-10:15am Fee: Free SS/\$30M/\$35NM

Thursday, 1/9-2/13 9:30am-10:15am Fee: Free SS/\$30M/\$35NM

Thursday, 2/27-4/3 9:30am-10:15am Fee: Free SS/\$30M/\$35NM

To register for classes, please call (860) 258-2786



Silver Sneakers