



GROUP CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

Everyone is welcome to participate. Silver Sneakers members are free with non-Silver Sneakers members paying a modest fee. Please call 860-258-2786 to register in advance and have your SilverSneakers number available.

CARDIO KICKBOXING

Cardio Kickboxing is a combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class. Date and Time to be determined.

Monday, 5/6 – 6/17 (NC 5/27), 9:00-9:45am, Free SilverSneakers, \$30M/\$35NM

CHAIR AEROBICS

This aerobic exercise class is a safe and effective low-impact workout performed while sitting in a chair. 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.

Tuesday, 5/7 – 6/11, 9:00-9:45am, Free SilverSneakers, \$30M/\$35NM

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.

Thursday, 5/9 – 6/13, 10:00-10:45am, Free SilverSneakers, \$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.

Monday, 5/6 – 6/17 (NC 5/27), 10:00-10:45am, Free SilverSneakers, \$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.

**Thursday, 5/9 – 6/13, 9:00-9:45am
Free SilverSneakers, \$30M/\$35NM**

