

## Silver Sneakers 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.*

**ARTHRITIS FOUNDATION:** \*NEW! SilverSneakers classes offered in partnership with the Arthritis Foundation are designed to help seniors and those with arthritis improve their strength, flexibility, and range of motion. These classes, often chair-based, provide a safe and effective way to manage arthritis pain and improve overall health.

**BARRE:** \*NEW! A full-body strength workout that focuses on building muscle endurance, increasing flexibility, and improving balance and agility through low-impact, controlled movements. While not a dance class, it emphasizes dancer-like posture and often utilizes a bar for support.

**BOOM MUSCLE:** An action-packed, 30-45-minute class intended to help build muscular and bone 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.

**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.

**CARDIO KICKBOXING:** \*NEW! A combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class.

**CARDIO & STRENGTH:** This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening bones and 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.

**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.

**PILATES:** \*NEW! A class designed for seniors and older adults, offer a gentle and effective way to build strength, improve posture, and enhance balance.

**SENIOR STRETCH:** 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.

**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 & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

**STABILITY:** 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.