

# MONROEVILLE SENIOR CITIZENS CENTER

6000 Gateway Campus Blvd. Monroeville, PA 15146 412.856.7825



## SPRING GROUP EXERCISE SCHEDULE

Schedule runs from Monday, March 2<sup>nd</sup> through Friday, May 29<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Sneakers <b>BOOM</b> 9:00 – 9:45 am Maureen Cortazzo	Stretch <b>YOGA</b> 8:45 – 9:45 am Sue Lomeo	Silver Sneakers <b>BOOM</b> 9:00 – 9:45 am Maureen Cortazzo	Stretch <b>YOGA</b> 8:45 – 9:45 am Sue Lomeo	Silver Sneakers <b>CARDIOFIT</b> 9:00 – 9:45 am Maureen Cortazzo
Silver Sneakers <b>CLASSIC</b> 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers <b>CLASSIC</b> 10:00 – 10:45 am Frank Loffredo	Silver Sneakers <b>CLASSIC</b> 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers <b>CLASSIC</b> 10:00 – 10:45 am Frank Loffredo	Silver Sneakers <b>CLASSIC</b> 10:00 – 10:45 am Maureen Cortazzo
Silver Sneakers <b>YOGA</b> 11:00 – 11:45 am Maureen Cortazzo	Gentle <b>PILATES</b> 10:00 – 10:45 am Sue Lomeo	<b>SUN TAI CHI</b> <i>Intermediate Class</i> 10:00 – 10:45 am <i>Beginner's Class</i> 11:00 – 11:45 am Steve Bodnar	Gentle <b>PILATES</b> 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers <b>YOGA</b> 11:00 – 11:45 am Maureen Cortazzo
<b>SILVER&amp;FIT</b> 12:00 – 12:45 pm Frank Loffredo	<b>SIT&amp;FIT</b> Chair Exercise 11:00 – 11:30 am Frank Loffredo	Silver Sneakers <b>YOGA</b> 11:00 – 11:45 pm Maureen Cortazzo	<b>SIT&amp;FIT</b> Chair Exercise 11:00 – 11:30 am Frank Loffredo	<b>SILVER&amp;FIT</b> 12:00 – 12:45 pm Frank Loffredo
	Circuit <b>BALANCE</b> 12:00 – 12:45 pm Frank Loffredo	Cardio <b>DRUMS ALIVE</b> 12:00 – 12:45 am Frank Loffredo	Silver Sneakers <b>STABIITY</b> 12:00 – 12:45 pm Frank Loffredo	

### Class sizes are limited to 24 participants.

Reservations are made daily on a first come, first serve basis.

Sign-in sheets are located at the front reception desk. You must be present to register.

You can only sign-in yourself.

Doors close promptly at registered start time. No one will be allowed entrance afterwards, even if a participant is registered. There will be no exceptions.

**All daytime and evening classes are FREE for fitness health plan members.**

**\$30** Punch cards (10 classes) are available to purchase for non-participating members.

Purchase your cards at the front desk. Your instructor will punch your card at the beginning of class.

## Reservations are done daily on a first come, first serve basis.

Group exercise sign-in sheets are located at the front reception desk at the beginning of each day. You must be present to register. You can only sign-in yourself. You are not allowed to register another individual. We recommend getting here 15-20 mins. prior to the beginning of class to secure a spot. Classes close once the class begins, you will not be able to enter the class late.

**Daily sign-ups do not begin until 8:30 am, even with the building opening at 8:00 am.**

**SILVER SNEAKERS CLASSIC:** Exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand weights, elastic tubing with handles, and a ball are offered for resistance. This is an intermediate level class. ❤️❤️

**SILVER SNEAKERS YOGA:** Yoga will move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. This is a beginner's level class. ❤️

**SILVER SNEAKERS STABILITY:** Designed specifically to keep participants safe on their feet. Provides substantial knowledge for you to increase function, & independence. This is an intermediate level class. ❤️❤️

**SILVER SNEAKERS CARDIOFIT:** Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body strength plus cardio endurance. This is an advanced, higher intensity class. ❤️❤️❤️

**SILVER SNEAKERS BOOM:** This unique class is a blend of cardio and strength training with moves inspired by your favorite sports like golf and tennis. Class focuses on toning muscles and building overall body strength. The cool down phase incorporates Yoga and Pilates to improve flexibility/core strength. This is an advanced class. ❤️❤️❤️

**SILVER&FIT:** For moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, & cardio endurance. This is an intermediate level class. ❤️❤️

**SIT&FIT:** A chair-based class which gives a full body workout including cardiovascular exercise, strength training, and stretching from a seated position. Great class for those that have difficulty performing standing exercises. This is a beginner's level class. ❤️

**YOGA STRETCH:** This advanced yoga will move your body through a series of yoga poses. Restorative breathing and relaxation exercises will promote stress reduction and mental clarity. Bring a yoga mat. This is an advanced level class. ❤️❤️❤️

**SUN TAI CHI:** Slow-motion exercise, tai chi encourages slow and deliberate body movements accompanied by deep breathing. Great for improving balance & stability. Beginners and Intermediate level classes are available.

**GENTLE PILATES:** Pilates is a form of low impact exercise that aims to strengthen the core and trunk muscles while improving postural alignment and flexibility. It can be modified to fit the needs and abilities of everyone. Bring a d yoga mat. This is an intermediate level class. ❤️❤️

**DRUMS ALIVE:** This class uses drumsticks on a fitness exercise ball with upbeat music, drumming and body movements that create a dynamic mental and physical workout. ❤️

**BALANCE CIRCUIT:** 45-minute program designed to build strength, balance, and fall prevention awareness. Participants will work in a small group setting with a variety of balance circuit routines and equipment options to meet their individual goals. This is a beginner's level class. ❤️