

MONROEVILLE SENIOR CITIZENS CENTER

6000 Gateway Campus Blvd. Monroeville, PA 15146 412.856.7825



SUMMER GROUP EXERCISE SCHEDULE

Tuesday, May 31st – Friday, September 2nd

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Center Open 8:30 am – 4:00 pm | Center Open 8:30 am – 4:00 pm | Center Open 8:30 am – 4:00 pm | Center Open 8:30 am – 4:00 pm | Center Open 8:30 am – 4:00 pm |
| Silver Sneakers BOOM 9:00 – 9:45 am Shuffleboard Court Maureen Cortazzo | Stretch YOGA 9:00 – 9:45 am Group Exer. Room Sue Lomeo | Silver Sneakers BOOM 9:00 – 9:45 am Shuffleboard Court Maureen Cortazzo | Stretch YOGA 9:00 – 9:45 am Group Exer. Room Sue Lomeo | Silver Sneakers CARDIOFIT 9:00 – 9:45 am Shuffleboard Court Maureen Cortazzo |
| Silver Sneakers CLASSIC 10:00 – 10:45 am Shuffleboard Court Maureen Cortazzo | Silver Sneakers CLASSIC 10:00 – 10:45 am Shuffleboard Court Frank Loffredo | Silver Sneakers CLASSIC 10:00 – 10:45 am Shuffleboard Court Maureen Cortazzo | Silver Sneakers CLASSIC 10:00 – 10:45 am Shuffleboard Court Frank Loffredo | Silver Sneakers CLASSIC 10:00 – 10:45 am Shuffleboard Court Maureen Cortazzo |
| Silver Sneakers YOGA 11:00 – 11:45 am Shuffleboard Court Maureen Cortazzo | Silver Sneakers STABILITY 11:00 – 11:45 am Group Exer. Room Frank Loffredo | Sun Tai Chi 10:00 – 10:45 am Group Exer. Room Steve Bodnar | Silver Sneakers STABILITY 11:00 – 11:45 am Group Exer. Room Frank Loffredo | Silver Sneakers YOGA 11:00 – 11:45 pm Shuffleboard Court Maureen Cortazzo |
| SILVER&FIT EXPERIENCE 12:00 – 12:45 pm Group Exer. Room Frank Loffredo | | Silver Sneakers YOGA 11:00 – 11:45 am Shuffleboard Court Maureen Cortazzo | | SILVER&FIT EXPERIENCE 12:00 – 12:45 pm Group Exer. Room Frank Loffredo |

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

Group exercise sign-in sheets are now located at the front reception desk. You must be present to register.

You can only sign-in yourself. You are not allowed to register another individual.

There will be no exceptions so that every member has a fair and equally opportunity to join a group exercise class. We recommend getting here 15-20 mins. prior to the beginning of class to secure a spot. You must be a member to participate in any of the classes. There are **22** spots available for each class.

All classes are **FREE** for Silver Sneaker and Silver&Fit Members.

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

Punch cards can be purchased at the front desk.

You must present your card to the instructor at the beginning of each class if you are not a Silver Sneakers participant. Stop by the front reception desk for assistance.



Group Exercise Class Descriptions

SILVER SNEAKERS CLASSIC: *(chair support used)*

Exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Hand weights, elastic tubing with handles, and a ball are offered for resistance.

SILVER SNEAKERS YOGA: *(chair support used)*

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.

SILVER SNEAKERS STABILITY: *(chair support used)*

Designed specifically to keep participants safe on their feet. Provides substantial knowledge for you to increase function, & independence.

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.

Enjoy an action packed workout with moves inspired by your favorite sports like golf and tennis. Class focuses on toning muscles & building overall body strength. The cool down phase incorporates Yoga and Pilates to improve flexibility/core strength.

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.

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.

SUN TAI CHI: This beginners Tai Chi has been adapted by the Arthritis Foundation and is practiced for its health benefits. The movements are smooth, gentle, loose & naturally brisk.