



SilverSneakers®



Community Health Club

Affiliated with San Angelo Community Medical Center

SILVERSNEAKERS® CLASS DESCRIPTIONS

SILVERSNEAKERS CLASSIC

(45 min)

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SENIOR FITNESS

All levels (55 min)

A class for senior adults who want to focus on full-body exercise. All are welcome!

BOOM MOVE

(45 min)

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

BOOM MIND

(45 min)

Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.

BOOM MUSCLE

(45 min)

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

CHAIR YOGA

All levels (45 min)

Easy yoga in a chair!

You will notice increased range of motion in back, shoulders and hips.

SILVERSNEAKERS SPLASH

(45 min)

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

SILVERSNEAKERS® CLASS SCHEDULE

Sunday				
Monday	10:15 – 11:00 am Splash Pool	10:45 – 11:30 am BOOM Group X Studio		2:00 – 2:55 pm Senior Fitness Group X Studio
Tuesday	10:15 – 11:00 am Splash Pool	10:45 – 11:30 am BOOM Group X Studio		2:00 – 2:45 pm CLASSIC Group X Studio
Wednesday		10:45 – 11:30 am BOOM Group X Studio	10:45 – 11:30 am Chair Yoga Yoga Studio	2:00 – 2:55 pm Senior Fitness Group X Studio
Thursday	10:15 – 11:00 am Splash Pool	10:45 – 11:30 am BOOM Group X Studio		2:00 – 2:45 pm CLASSIC Group X Studio
Friday		10:45 – 11:30 am BOOM Group X Studio		
Saturday				

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