



## SS Fitness Classes \*Free July & August!

(\*After Hours courses are \$4.00 per class or \$20.00 Fitness pass for six classes)

### Fitness Class Descriptions

**SILVER SNEAKERS CARDIO:** (Advanced/Higher Intensity)

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.

**SILVER SNEAKERS CLASSIC:** (Beginner/Lower Intensity)

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.

**SILVER SNEAKERS CHAIR YOGA:** (Class suitable for nearly every fitness level)

Move through a complete series of seated and standing poses. Chair support is offered to perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

**FAMILY MAT YOGA:** (Beginner to Intermediate)

Calling all moms, dads, caregivers, and children birth to age 5. Join us and learn the basic yoga moves. Stay after the class ends for some playtime and conversation.

**LINE DANCE:** (Beginner to Intermediate)

Medium paced class designed to get your heart pumping and to have fun! Variety of music from pop - country.

**MAT YOGA:** (Beginner to Intermediate)

No shoes, and participants must be able to get up and down freely. Bring your own yoga mat to each class.

**TAI CHI:** (Beginner/Low Intensity)

The research for this unique exercise reports that Tai-Chi reduces stress, increases balance and mobility.

Monday/Wednesday/Friday classes will be streamed via Zoom as well as live in person

**Starting September 1, 2021 all Silver Sneaker Classes are FREE for SS members only.**

**Non-Silver Sneakers members: \$25 Fitness passes (12 Classes)**

**Suggested Donations for Family Yoga, Walking Group and Line Dance: \$2**



# Onsite FITNESS CLASSES @ a Glance

(\*Z) Class will be available via Zoom  
 SS = Silver Sneakers Class  
 (\$) Evening classes are \$4.00 per class (PCC Fitness Pass \$20.00 for six classes)



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>9:15AM–10:15AM</b>		<b>9:15AM – 10:15AM</b>	<b>9:30AM – 10:20AM</b>	<b>9:15AM – 10:15AM</b>
SS CARDIO (*Z) Instructor: Deb Foster		SS CARDIO (*Z) Instructor: Anne Skreppen	FAMILY MAT YOGA (*Z) Instructor: Sonja Apperson	SS CARDIO (*Z) Instructor: Deb Foster
<b>10:30AM-11:15AM</b>	<b>10:00AM-11:00AM</b>	<b>10:30AM–11:15AM</b>	<b>LINE DANCING @ PCC</b> TWO SESSIONS: Morning <b>10:00AM-11:30AM</b> Afternoon: <b>1:00PM-2:00PM</b> Organizer: Judy Davis	<b>10:30AM–11:15AM</b>
SS CLASSIC (*Z) Instructor: Anne Skreppen	NEW: WALKING GROUP @ PCC Parking Lot Organizer: Karen Hochberg	SS CLASSIC Anne Skreppen(*Z)		SS CLASSIC (*Z) Instructor: Sonja Apperson
<b>11:30AM-12:15PM</b>	<b>11:30AM-12:15PM</b>	<b>11:30AM-12:15PM</b>	<b>11:30AM-12:15PM</b>	<b>11:30AM-12:15PM</b>
NEW: I AM AGELESS (*Z) Instructor: Anne Skreppen		SS CHAIR YOGA (*Z) Instructor: Sonja Apperson	NEW: I AM AGELESS (*Z) Instructor: Anne Skreppen	SS CHAIR YOGA (*Z) Instructor: Sonja Apperson
<b>PCC After-Hours Fitness Classes</b>				
	<b>6:15PM – 7:15PM</b>	<b>6:15PM – 7:15PM</b>	<b>6:15PM – 7:15PM</b>	
	MAT YOGA(*Z) (\$) Sonja Apperson	TAI CHI (\$) Steve Bodnar	VINYASA MAT YOGA (\$) Sonja Apperson	



Join us via Zoom as well at the link below.

<https://zoom.us/j/98262849883?pwd=R3ZCQ0ZJNXZrbIRVcnihidGU4cy9GUT09>

Please call the center 412-795-2330 if you have any questions.