



Fitness Classes November/December

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

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

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15AM–10:15AM		9:15AM – 10:15AM	9:30AM – 10:20AM	9:15AM – 10:15AM
SS CARDIO Instructor: Deb Foster		SS CARDIO Instructor: Anne Skreppen	FAMILY MAT YOGA (*Z) Instructor: Sonja Apperson	SS CARDIO Instructor: Deb Foster
10:30AM-11:15AM		10:30AM–11:15AM	LINE DANCING TWO SESSIONS: Morning (intermediate) 9:30AM-11:30AM Afternoon (advanced) 12:45PM-2:00PM Organizer: Judy Davis	10:30AM–11:15AM
SS CLASSIC (*Z) Instructor: Anne Skreppen		SS CLASSIC (*Z) Instructor: Anne Skreppen		SS CLASSIC (*Z) Instructor: Sonja Apperson
11:30AM-12:15PM		11:30AM-12:15PM	11:30AM-12:15PM	11:30AM-12:15PM
NEW: RESTORE & RELAX (*Z) Instructor: Anne Skreppen		SS CHAIR YOGA (*Z) Instructor: Sonja Apperson		SS CHAIR YOGA (*Z) Instructor: Sonja Apperson
PCC After-Hours Fitness Classes				
	6:15PM – 7:15PM	6:30PM – 7:30PM	6:15PM – 7:15PM	
	MAT YOGA (*Z) (\$) Sonja Apperson	TAI CHI (\$) Steve Bodnar	VINYASA MAT YOGA (*Z) (\$) Sonja Apperson	



Join us via Zoom as well at the link below.

<https://zoom.us/j/98262849883?pwd=R3ZCQ0ZJNXZrbIRVcnehidGU4cy9GUT09>

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