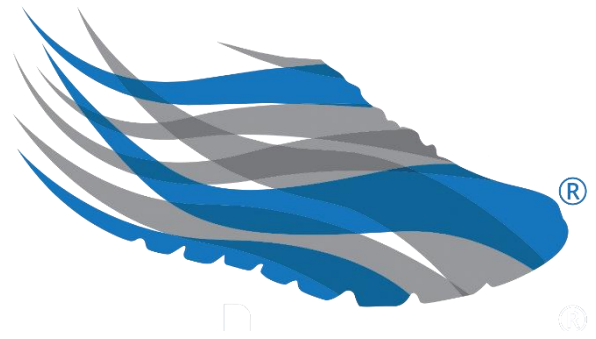


# PCC Fitness News & Updates



## Fitness Classes FALL 2022

### 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.

**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.

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

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

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 Line Dance: \$2**



# Onsite FITNESS CLASSES @ a Glance



(\*Z) Class will be available via Zoom  
 SS = Silver Sneakers Class

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:15AM-10:15AM</b>		<b>9:15AM – 10:15AM</b>		<b>9:15AM –10:15AM</b>
SS CARDIO  Instructor: Deb Foster		SS CARDIO  Instructor: Anne Skreppen		SS CARDIO  Instructor: Deb Foster
<b>10:30AM-11:15AM</b>		<b>10:30AM-11:15AM</b>	<b>LINE DANCE</b> 2 SESSIONS: Morning (High Beginner) <b>10:00A-11:00AM</b> Afternoon (Beginner) <b>11:00A-12:00PM</b> Organizer: Judy Davis	<b>10:30AM-11:15AM</b>
SS CLASSIC (*Z)  Instructor: Anne Skreppen		SS CLASSIC (*Z)  Instructor: Anne Skreppen		SS CLASSIC (*Z)  Instructor: Sonja Apperson
<b>11:30AM-12:15PM</b>		<b>11:30AM-12:15PM</b>		<b>11:30AM-12:15PM</b>
SS CHAIR YOGA (*Z) Instructor: Sonja Apperson		SS CHAIR YOGA (*Z) Instructor: Sonja Apperson		SS CHAIR YOGA (*Z) Instructor: Sonja Apperson
<b>PCC After-Hours Fitness Classes (\$)</b>				
	<b>7:00 – 8:00PM</b>	<b>6:30PM – 7:30PM</b>	<b>6:30 – 7:30PM</b>	
	ZOOM MAT YOGA Instructor: Sonja Apperson	TAI CHI  Instructor: Steve Bodnar	VINYASA MAT YOGA Instructor: Sonja Apperson	

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