



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS SCHEDULE
Fall I SESSION
 ROSEVILLE FITNESS CLASSES
 September 9 - October 26, 2019

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00-9:40 AM	Silversneakers Classic®		Silversneakers Classic®			

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

SILVERSNEAKERS CLASSIC®: 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. **Instructor - Claire**