



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



**GROUP FITNESS CLASS SCHEDULE**  
**WINTER II SESSION**  
 ROSEVILLE FITNESS CLASSES  
 February 24 – April 11, 2020

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00-9:45 AM	Silversneakers Classic®		Silversneakers Classic®			

**BREAK A SWEAT WITH US**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **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**