



GREENVILLE REC CENTER

PO Box 244 • 45 Alan Ave. • Greenville, PA 16125 • (724) 588-4810

www.svymca.com

GROUP EXERCISE ACTIVITIES

Morning & Evening Classes - Keep your day going with a great workout!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am SilverSneakers Classic Carmen (L-A)		9:30 am SilverSneakers Cardio or Circuit Susan (L-A)		9:30 am SilverSneakers Cardio or Circuit Susan (L-A)	
10:30 am SilverSneakers Cardio or Circuit Carmen (L-A)		10:30 am SilverSneakers Classic Susan (L-A)		10:30 am SilverSneakers Classic Susan (L-A)	

Abbreviation Key:

- **Intensity**
 - H – High
 - M – Medium
 - L – Low
- **Class Location**
 - A – Aerobics Room
 - G – Gymnasium

FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOW INTENSITY

SilverSneakers Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

MEDIUM INTENSITY

SilverSneakers Circuit – Alternates between upper-body strengthening exercises and non-impact aerobic moves. This class utilizes hand weights, elastic tubing, and rubber balls. Exercises can be done for anyone who needs extra help balancing. Come work all the major muscles to 10 tracks of fun and uplifting music. It is so much fun- you will forget you are working out.

SilverSneakers Cardio – Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.