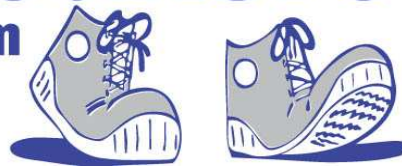


# The Silver Sneakers® Fitness Program



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MIDDLEBURG HEIGHTS  
COMMUNITY CENTER

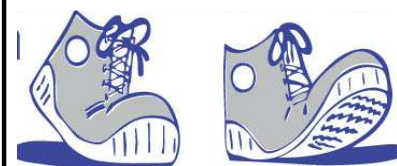
## FREE Fitness Classes for SilverSneaker members!

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit 6:45-7:45 am (Carolyn Rodecker)		Cardio Circuit 6:45-7:45 am (Carolyn Rodecker)		Cardio Circuit 6:45-7:45 am (Carolyn Rodecker)
Cardio Circuit 8-9 am (Sue)	MSROM 8-9 am (Sue Metro)	Cardio Circuit 8-9 am (Sue Metro)	MSROM 8-9 am (Jamie Fisher)	Cardio Circuit 8-9 am (Chris Lizanich)
MSROM 9:15-10:15 am (Sue Metro)	MSROM 9:15-10:15 am (Chris Lizanich)	MSROM 9:15-10:15 am (Chris Lizanich)		MSROM 9:15-10:15 am (Chris Lizanich)
YogaStretch 10:30-11:30 am (Noreen Feikle)	YogaStretch 10:30-11:30 am (Carolyn Rodecker)	YogaStretch 10:30-11:30 am (Noreen Feikle)	YogaStretch 10:30-11:30 am (Carolyn Rodecker)	YogaStretch 10:30 am-11:30 am (Noreen Feikle)
	YogaStretch 12:30-1:30 pm (Chris Lizanich)	MSROM 12:30-1:30 pm (Sue Metro)	YogaStretch 12:30-1:30 pm (Chris Lizanich)	
SilverSplash 2:00-2:50 pm (Barb George)	The SilverSplash class will resume the week of September 13, 2010			SilverSplash 2:00-2:50 pm (Patty Welker)

Revised August, 2010

**Non SilverSneaker members can pay a \$1 daily  
fee to take any of the above classes!!!**

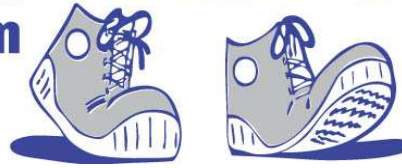
**(Please note: You must be a monthly or  
yearly member to take a class)**



All fitness classes are **FREE** to members of the SilverSneakers® Program. The instructors are experienced and specifically trained to instruct these classes! As with any exercise program, please check with your physician before starting, esp. if you have a history of health problems!

You can email [steved17@wowway.com](mailto:steved17@wowway.com), go to [www.SilverSneakers.com](http://www.SilverSneakers.com) or call 440-234-2255 for more information on the above classes and/or the entire program!

# The Silver Sneakers® Fitness Program



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## Class Descriptions

The Muscular Strength & Range of Movement (MSROM) class will increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

The Cardio Circuit class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography! A chair is used for support, stretching & relaxation exercises.

The YogaStretch class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

The SilverSplash® class will activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required! A special SilverSplash® kickboard is used to develop strength, balance & coordination!

All fitness classes are **FREE** to members of the SilverSneakers® Program. The instructors are experienced and specifically trained to instruct these classes! As with any exercise program, please check with your physician before starting, esp. if you have a history of health problems!

You can email [steved17@wowway.com](mailto:steved17@wowway.com) for more information on these classes or go to [www.SilverSneakers.com](http://www.SilverSneakers.com) for more information on the entire program!