



**BELLEVILLE HEALTH & SPORT CENTER**  
**62+ Group Exercise Schedule**  
**Rock Steady Exercise Schedule**  
**2/12/18**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Morning</b>	<b>62+ Step</b> 8-9 AM  <b>Stretch</b> 9-9:45 AM  <b>Classic Yoga</b> 10-11AM  <b>SilverSneakers</b> 11-11:30 AM		<b>Cardio Fit</b> 8-9 AM  <b>Stretch</b> 9-9:45 AM  <b>SilverSneakers</b> 11-11:30 AM		<b>Zumba Gold</b> 8-8:30 AM  <b>Cardio Fit</b> 8:30-9 AM  <b>Stretch</b> 9-9:45 AM  <b>Classic Yoga</b> 10-11AM  <b>SilverSneakers</b> 11-11:30 AM  <b>Rock Steady Pure Box</b> 11:45AM-12:30PM	<b>Tai-Chi</b> 8:15-9:15 AM
<b>Afternoon</b>	<b>Rock Steady</b> 1PM-2PM  <b>SilverSneakers</b> 3-3:30 PM	<b>Rock Steady Treadmill</b> 12:15-12:45PM  <b>Rock Steady</b> 1PM-2PM	<b>Rock Steady Cycle</b> 12:15-12:45PM  <b>Rock Steady</b> 1PM-2PM  <b>SilverSneakers</b> 3:45-4:15 PM  <b>Tai-Chi</b> 7-8 PM	<b>Rock Steady</b> 1PM-2PM		

# Class Descriptions

- **62+ Step/Cardio Fit** : Low impact class designed for seniors or those beginning and exercise program. The aerobic segment is 30-35 minutes
- **SilverSneakers**: Have fun with a variety of exercises designed to increase muscle strength, range of motion and activities for daily living. Handheld weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.
- **Stretch**: Increase flexibility and balance in this gentle and controlled class
- **Tai-Chi**: This graceful form of exercise involves a series of movements performed in a slow, focused manner and accompanied by deep breathing
- **Zumba®** - Fuse hypnotic Latin rhythms with easy to follow moves.
  - **Gold**: Active older adults who are looking for a modified *Zumba®* class that recreates the original moves you love at a lower-intensity
  - **Toning**: blend specific *Zumba®* moves and body sculpting techniques using maraca-like *Zumba Toning* Sticks for an intense strength-training experience
- **Rock Steady** – Boxing class for those with Parkinson's Disease. Boxing, Strength, Circuits and More!