



**BELLEVILLE HEALTH & SPORT CENTER**  
**62+ Group Exercise Schedule**  
**Rock Steady Exercise Schedule**  
**8/21/18**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Cardio Fit</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>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>POPS</b> 4:15-5PM	<b>Rock Steady</b> 1PM-2PM	<b>Rock Steady</b> 1PM-2PM  <b>SilverSneakers</b> 3:45-4:15 PM  <b>Classic Yoga</b> 5:30-6:30PM  <b>Tai-Chi</b> 6:30PM-7:30 PM	<b>Rock Steady</b> 1PM-2PM		

# Class Descriptions

- **62+ Step/Cardio Fit** : Low impact class designed for seniors or those beginning an 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
- **Rock Steady** – Boxing class for those with Parkinson’s Disease. Boxing, Strength, Circuits and More!
- **POPS** – People of Possibilities – Fitness class for individuals with special needs. Class is taught by a certified fitness instructor/Special Education Teacher. This class is open to all ages 12 and up.