

# SENIORS CLASS SCHEDULE

updated 10/21/24

## MONDAY

8:00AM	Silver Strength & Mobility	Studio 2
10:00AM	Silver Strength & Mobility	Studio 2
11:15AM	Silver Groove	Studio 2

## TUESDAY

10:45AM	Silver Circuit	Studio 2
11:45AM	Gentle Yoga	Studio 2

## WEDNESDAY

8:00AM	Silver Strength & Mobility	Studio 2
10:00AM	Silver Strength & Mobility	Studio 2
11:15AM	Silver Groove	Studio 2

## THURSDAY

10:45AM	Silver Circuit	Studio 2
11:45AM	Gentle Yoga	Studio 2

## FRIDAY

10:00AM	Silver Strength & Mobility	Studio 2
11:00AM	Gentle Yoga	Studio 2



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### Silver Strength & Mobility (45 Min.)

This class is appropriate for most fitness levels. Seated and standing options are offered, with chair support for standing exercises. Participants can remain seated the entire class. Using hand weights, a resistance band and small ball, this class will incorporate exercises to build muscular strength and endurance, coordination, reaction time, balance, flexibility and joint mobility.

Equipment: chair, ball, resistance band, hand weights • Intensity Level: Beginner-Intermediate

### Silver Circuit (45 Min.)

This class is focused on improving both cardiovascular fitness and muscular strength and endurance through a circuit format. All exercises are done standing with a chair for standing support. Hand held weights, resistance band and a small ball are used for resistance tools. Low-impact aerobic moves are incorporated during the cardiovascular training portion of the class. Seated stretches are offered at the end of the workout.

Equipment: chair, ball, resistance band, hand weights • Intensity Level: Intermediate

### Silver Groove (45 Min.)

This class uses low-impact aerobic movements to improve cardiovascular fitness. Spend 30 minutes on cardio-based movements followed by 10 minutes of resistance work using hand weights and a resistance band. All exercises performed standing with no chair support.

Equipment: resistance band, hand weights • Intensity Level: Intermediate to Advanced

### Gentle Yoga (45 Min.)

This shoe-friendly class incorporates restorative breathing exercises, yoga poses and stretches focused on improving muscular strength, flexibility and balance. All exercises can be performed seated or standing/seated with the instructor. A chair is offered for standing balance support. All exercises are performed standing or seated with no floor work.

Equipment: chair • Intensity Level: Beginner-Intermediate



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