

## 12/10/20 SilverSneakers LIVE Class Descriptions

Class Format	Description
<b>Apple Watch for Health and Wellness Presentation</b> - <i>All</i>	Are you interested in learning how you can use technology to be more active, manage your health, and stay connected this winter? In this session, we'll show you how easy it is to use the great health and wellness features of Apple Watch.
<b>Bodyweight Boot Camp</b> - <i>Intermediate to Advanced</i>	Energizing bodyweight exercise circuits intended to improve strength and cardiovascular fitness. A mat may be used for some floorwork.
<b>Cardio Dance with FitSteps</b> - <i>Intermediate to Advanced</i>	The dance workout mixes the graceful steps of ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realize you're getting fit.
<b>Cardio Mix</b> - <i>Intermediate</i>	Elevate your heart rate with low impact aerobic movements and progressive intensity options.
<b>Fall Prevention Exercises</b> - <i>Beginner</i>	Exercise routines, education tips and drills designed to help you reduce your risk of falling and improve your quality of life.
<b>Group Personal Training</b> - <i>Intermediate to Advanced</i>	A mix of strength-based activities led by a personal trainer. Utilize handheld weights, bodyweight, a mat, tubing, and a variety of training techniques to increase overall fitness. May include floorwork.
<b>SilverSneakers BOOM MIND</b> - <i>Intermediate</i>	The best of yoga, Pilates, and barre combined in a mind-body mat workout. Build endurance while increasing flexibility. May include floorwork.

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<b>SilverSneakers BOOM MUSCLE -</b> <i>Intermediate to Advanced</i>	This interval class incorporates athletic based exercises to elevate heart rate and work with handheld weights to improve strength and endurance.
<b>SilverSneakers Classic Light -</b> <i>Beginner</i>	This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are recommended.
<b>SilverSneakers Circuit Light -</b> <i>Intermediate</i>	This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits. A chair and handheld weights or tubing are recommended.
<b>SilverSneakers EnerChi -</b> <i>Intermediate</i>	Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.
<b>SilverSneakers Stability -</b> <i>Beginner to Intermediate</i>	Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.
<b>SilverSneakers Yoga -</b> <i>Beginner</i>	Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.
<b>Yoga Flow -</b> <i>Advanced</i>	Move your body through mat-based flowing yoga postures to increase strength, flexibility and breath awareness. Floorwork included.
<b>Zumba Gold -</b> <i>Beginner to Intermediate</i>	This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No equipment is needed.