



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK SENIOR SCHEDULE – SUMMER

Register 5/20 for all 3 months! June, July, August

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Enhance Fitness (60) Patricia - Lg. Studio		Enhance Fitness (60) Patricia - Lg. Studio		Enhance Fitness (60) Patricia - Lg. Studio
8:00am	Enhance Fitness (60) Lucy - Sycamore Village in Mason		Enhance Fitness (60) Lucy - Sycamore Village in Mason		Enhance Fitness (60) Lucy - Sycamore Village in Mason
8:30am	**Senior Aqua Fit (60) Pool		**Senior Aqua Fit (60) Pool		**Senior Aqua Fit (60) Pool
9:00am		Group Cycle (45) Alan - Cycle		Group Cycle (45) Alan - Cycle	
9:00am		Stronger Longer (60) Carolyn - SMB		Stronger Longer (60) Carolyn - SMB	
9:30am	Enhance Fitness (60) Lucy - Sycamore Village in Mason		Enhance Fitness (60) Lucy - Sycamore Village in Mason		Enhance Fitness (60) Lucy - Sycamore Village in Mason
9:35am	**Aqua Stretch & Tone (60) Pool		**Aqua Stretch & Tone (60) Pool		**Aqua Stretch & Tone (60) Pool
10:00am			Zumba (60) Shelly - SMB		
10:15am		**Silver Sneakers (60) Deanna - Lg. Studio		**Silver Sneakers (60) Thom - Lg. Studio	
10:30am	Enhance Fitness (60) Lisa - ULC		Enhance Fitness (60) Lisa - ULC		Enhance Fitness (60) Lisa - ULC
10:30am			NEW!! **Silver Sneakers Boom (45) Deanna - Sm. Studio		
11:00am	Enhance Fitness (60) - Lg. Studio		Enhance Fitness (60) - Lg. Studio		Enhance Fitness (60) Linda M - Lg. Studio
11:30am			**Silver Sneakers Yoga (60) Deanna - SMB		

**Indicates free classes for members

(xx) Duration of class times in minutes

Shaded area indicates when tot watch is available

WEATHER NOTE: Enhance Fitness classes will NOT run if Holt and/or Lansing schools are closed for a snow day



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OAK PARK SENIOR DESCRIPTIONS

Aqua Fit: This exercise program helps increase joint mobility while focusing on stretching, gentle strengthening techniques and light aerobic activity. This class is beginner friendly!

Enhance Fitness: Improve your strength, balance, flexibility and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program as well as the CDC. This class is beginner friendly!

Senior Cycle: Indoor cycling at it's best! This class will simulate riding various types of terrain. Enjoy sprinting, climbing, interval training and more! A great class for the beginner as well as the advanced cyclist. In this class you will sweat to the 60s, 70s and country music.

Silver Sneakers Yoga: This class incorporates range of motion exercises, alignment, stretching, strengthening, awareness, breathing and relaxation in order to refresh, energize, improve posture, deepen breathing and improve sense of well-being. This class can be done seated in a chair, or standing.

Silver Sneakers: This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness, and your quality of life.

Stronger Longer: In this class, you will improve your cardiovascular conditioning, range of motion, flexibility, coordination and strength. This class is beginner friendly!

Zumba Gold: Zumba Gold is for the active older, or deconditioned adult. It provides choreography that can safely and easily be learned. Just like Zumba, it incorporates musical styles like Merengue, Salsa, Cumbia, Reggaeton and belly dancing with unique moves and combinations. Zumba Gold provides a fun, enjoyable social environment and is a great way to improve physical and mental health!

