



M.A.S.T.E.R.S.

Mature Adult Strength Training, Exercise,
Relaxation & Socialization
SCHEDULE AND CLASS DESCRIPTIONS
Effective: September 8, 2009



Stretch Out Your Life: Our Breathe n' Stretch class for 50+ and beginners. Includes gentle stretches and relaxation techniques in this 40 minute class.

Fun & Fitness: This is an exercise class for the mature adult. It is designed for exercisers, age 50+, but also a great place to start for *any* beginner. Everyone is welcome! Participants will experience a variety of activities that will help improve your quality of life in a fun energizing atmosphere.

SilverSneakers® Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support for head-to-toe stretching and complete relaxation in a comfortable position.

SilverSneakers® Muscular Strength & Range of Movement (MSROM): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Also available are equipment orientations, Senior Weight Training 101 and unlimited use of all cardio and strength training equipment. Coffee Club and Socials are ongoing events offered to the mature adults at Center Court Fitness Club.

Mature Adults (+50) may participate in any of the programs we have to offer. Please see group exercise and fitness programming schedule for more options.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45—9:30 AM		Fun & Fitness		Fun & Fitness		
9:40—10:30 AM		SilverSneakers® Cardio Circuit		SilverSneakers® Cardio Circuit		
10:10—10:50 AM	Stretch Out Your Life (50+)		Stretch Out Your Life (50+)		Stretch Out Your Life (50+)	
10:35—11:20 AM		SilverSneakers® MSROM		SilverSneakers® MSROM		

MOVING toward a healthier Grand Forks