

ACTIVE OLDER ADULTS

DROP-IN AQUATICS • NIEBUR (ESIC) CENTER • POOL 2

SENIOR MEMBERS \$2 • MEMBERS \$3 • NON-MEMBERS \$5

AQUA AEROBICS

A low-impact aerobic workout designed to increase flexibility, strength and cardiovascular conditioning. For all fitness levels.

MON, WED, FRI & SAT 8:00 – 8:50AM

THURS 9:00 – 9:50AM

AQUA TONE

This combination class begins with a high intensity workout, followed by stretching and relaxation that includes Pilates, Yoga and Tai Chi.

MON 10:00 – 10:50AM

AQUA ZUMBA

Combines latin-based dance rhythms with aquatic fitness. Making for a fun and high energy workout, while reducing impact on your joints!

TUES & THURS 7:00 – 7:50PM

ARTHRITIS EXERCISE

This low-impact, fun class is designed to strengthen and tone muscles, as well as increase flexibility, balance and coordination for everyday tasks. A great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.

MON, WED & FRI 9:00 – 9:50AM

DROP-IN FITNESS • NIEBUR (ESIC) OR MEYER CENTER

SILVERSNEAKERS & FULL PRIVILEGE FREE • BASIC \$2 • NON-MEMBER \$5

SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and functionality for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

MON, WED & FRI 8:30 – 9:20AM • MEYER GYM | TUES & THURS 8:30 – 9:20AM • NIEBUR (ESIC) GYM

AEROBICS 101

A lower intensity cardiovascular class that emphasizes basic movements, strengthening, and stretching. Senior adults, pregnant or postnatal women, and beginners will find this class to be a great choice.

NIEBUR (ESIC) CENTER

MON, WED & FRI 8:30 – 9:25AM

DANCE FITNESS

Have fun while you stretch, move and groove to your favorites from the 50s, 60s, 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun!

NIEBUR (ESIC) CENTER

MON & WED 8:30 – 9:25AM

CHAIR YOGA

A traditional yoga practice for people who cannot get on the floor, those recovering from injuries and those of all ages. There is breath work, stretching and balance work.

TUES & THURS 12:30 – 1:25PM • NIEBUR (ESIC) CENTER

PICKLEBALL

During late Fall, Winter and Spring we offer Pickleball in our Skate Center. For more information please call 618.655.1460.

MEMBERS \$3 • NON-MEMBER \$5 • MEYER CENTER

SENIOR TENNIS (AGES 55+)

Our senior tennis program is offered 3 days a week. It is a walk on program where everyone is welcome to play each day. The format of play will depend on the number of players each day. This is a great way to exercise & meet other players interested in tennis.

MON & FRI 11:00AM – 12:30PM • WED 8:00 – 9:30AM • MEMBERS \$5 • NON-MEMBERS \$10