

Silver Sneakers

at the Adult Rec Center

830 Grimes Bridge Road
Roswell, GA 30075
770-641-3950

A benefit offered to members of many Medicare replacement or supplement plans. Non-members may pay a fee to take land classes. \$28, Residents; \$42, Non-Resident.



Classic

Tues. 11:30 AM-12:30 PM
Wed. 9:15-10 AM
Thurs. 11:30 AM-12:30 PM

Chair Yoga

Thurs. 9:00-9:45 AM

Cardio Circuit

Tues. 8-8:50 AM
Thurs. 8-8:50 AM

Balance & Stability

Tues. 8:55-9:40 AM
Tues. 9:45-10:30 AM



Classic

Focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Chair Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Cardio Fit

This aerobic workout is safe, heart-healthy, and gentle on the joints. The class focuses on upper-body and abdominal strengthening, stretching and relaxation exercises by using easy-to-follow, low impact movement.

Cardio Circuit

This class combines cardiovascular fitness and muscular endurance with a standing circuit workout. Upper-body strength work using handheld weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises.

Balance & Stability

Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Silver Sneakers members can also use the heated pool and hot tub at the RAAC for open swim during business hours.

Silver Sneakers

at the Aquatics Center

200 Frank Lewis Drive Roswell, GA 30075 770-641-3982

A benefit offered to members of many Medicare replacement or supplement plans. Non-members may pay to attend Splash Classes with a class pass. \$64 resident; \$96, Non-Resident



Silver Sneakers Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Silver Sneakers members can also use the fitness room at the ARC and the pool for open swim during business hours.

Monday

2:10-2:55 PM

3:10-3:55 PM

Tuesday

10:10-10:55 AM

Wednesday

1:10-1:55 PM

Thursday

10:10-10:55 AM

