

SSC Group Fitness Class Schedule

All Classes are open to both Silver Sneakers® and SSC members. SSC members can without fitness coverage through their insurance can participate in all group fitness classes by purchasing a fitness card at the SSC Welcome Center. Fitness card options:

\$25.00 for 12 classes | \$12.00 - 30 Day Pass | \$34.00 - 90 Day Pass | \$120.00 - 1 Year Pass

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
	8:15-9:00 am Smart Start SSC Game Room	8:15-9:00 am Pilates Plus Cardio SSC Game Room	8:15-9:00 am Smart Start SSC Game Room	8:30-9:30 am Walking SCC Track	8:15-9:00 am Smart Start SSC Game Room
		9:00 am-12:00 pm Pickleball SCC Gym		9:00 am-12:00 pm Pickleball SCC Gym	
	9:00-10:00 am Circuit Training SCC Gym	9:30-10:30 am Chair Volleyball SSC Game Room	9:30-10:45 am Silver Splash SCC Pool	9:00-9:50 am Gentle Yoga SSC Game Room	9:15-10:15 am Yoga Flow SSC Game Room
	9:30-10:45 am Silver Splash SCC Pool	10:45-11:45 am Zumba Gold Aerobics Room	9:30-10:30 am Hike, Stretch & Strengthen Henry Church Rock	10:00-11:00 am Silver Sneakers Cardio Fit SSC Game Room	9:30-10:45 am Silver Splash SCC Pool
	10:00-11:00 am Arthritis Exercise Program SSC Game Room		10:00-10:45 am Silver Sneakers Classic SSC Game Room	10:30-11:15 am Healthy Joint Exercise SCC Aerobics Room	10:00-11:00 am Nordic Pole Walking SCC Rock Wall
	11:15 am-12:00 pm Jab with George SCC Aerobics Room		11:00 am-12:00 pm Cardio Drumming SCC Aerobics Room	11:00 am-12:00 pm Delay the Disease SSC Game Room	10:30-11:30 am Silver Sneakers Classic SSC Game Room
	11:15 am-12:00 pm Silver Sneakers Cardio Circuit SSC Game Room		11:00 am-12:00 pm Yoga Flow SSC Game Room		10:45-11:45 am Zumba Gold SCC Aerobics Room
Afternoon					
	1:00-1:45 pm Silver Splash SCC Pool	11:45 am-12:45 pm Tai Chi SCC Teen Lounge	12:30-3:00 pm Line Dancing SSC Game Room	11:30 am-12:15 pm Strength & Balance SCC Aerobics Room	
		12:45-1:45 pm InMotion Spinning for Parkinson's Disease SCC Aerobics Room	1:00-1:45 pm Silver Splash SCC Pool	11:45 am-12:45 pm Tai Chi SCC Teen Lounge	
Evening					
	7:00-9:00 pm Line Dancing SSC Game Room	4:00-5:00 pm Flex Chair Yoga & Meditation SSC Game Room		4:00-5:00 pm Zumba Gold SCC Aerobics Room	

Group fitness classes proudly sponsored by *Right at Home*.

Please contact Adeline Minadeo at 440-349-6363 with any group fitness class inquiries.

CLASS DESCRIPTIONS

- Arthritis Exercise Program** Gentle but challenging class which includes stretching, along with joint mobility, cardio and strengthening exercises. This class will help improve daily function and lighten your mood! Exercises can be done standing or sitting, with or without light weights.
- Cardio Drumming** Cardio can be fun! This class turns a fitness ball into a drum and you will burn calories as your "bang the beat". This activity can be done standing or sitting. Come join the fun!
- Chair Volleyball** Join in fun pick-up games. No experience necessary, just the ability to laugh and keep your rear seated!
- Circuit Training** This program uses a variety of strength and stability tools, including gentle TRX moves, to target your entire body.
- Delay The Disease** Exercise class designed to empower people with Parkinson's Disease by optimizing physical functioning to help delay the progression of symptoms. No charge-donations accepted. Sponsored by Amalia Foundation.
- Flex Chair Yoga Meditation Gentle** Seated & standing stretches. The variety of postures are designed to increase flexibility, balance and range of motion while establishing mindful awareness of body and breathing. Class is suitable for every fitness level.
- Gentle Yoga** Increase flexibility, reduce stiffness, and improve balance. Session will also include Pilates. This is a gentle class, but not chair yoga. Mats will be used in this class.
- Healthy Joint Care** Exercise program including range of motion, strength building, and endurance building to help reduce joint stiffness, keep joints flexible, aid in muscle strength, and keep joints well lubricated. Floor exercises can be modified.
- Hike and Stretch** Head to South Chagrin Metropark and meet at Henry Church Rock parking area. Walk on various paths and enjoy nature's beauty led by trainer Christie. This class is for active adults. When weather prohibits safe walking, meet at the rock wall at SCC.
- Jab With George** Class designed for active adults and seniors using traditional boxing moves. Exercises target core stabilization, balance, upper body strength & endurance. Can be done sitting or standing. Just like in the ring, this class will surely be a hit!
- Line Dancing** Glide, slide, step and stomp your way to fitness. This fun cardio activity does not require experience or a partner.
- Nordic Pole Walking** If you can walk... you can Pole Walk! Come join Christie Cox to learn correct pole walking technique which is essential to maximize the excellent benefits of Nordic Pole Walking.
- Pickleball** A bit of tennis, racquet ball, badminton and ping-pong all rolled up into one – using a paddle ball racquet. Beginning instruction and equipment provided. Competition available for those with experience.
- Pilates Plus Cardio** Learn how to maintain proper form while working on balance and strength. This class features basic dance moves combined with standing and seated pilates. Fun music from the 50s and 60s enhances the experience. All fitness levels welcome. Instructor certified in Core Dynamics Pilates with 19 years of experience.
- SilverSneakers® Cardio Circuit** Cardiovascular exercises are highlighted in this class which also features an upper-body strength workout using hand-held weights, elastic tubing and other fun accessories in non-aerobic activity.
- SilverSneakers® Cardio Fit** Low-impact cardiovascular workout for active older adults. A variety of easy to follow, energizing movements are used to promote a healthy heart. Hand held weights and elastic tubing exercises follow to promote muscle endurance and strength.
- SilverSneakers® Classic** Something for everyone, regardless of your fitness level. This class improves overall strength and flexibility – helping you stay healthy and independent. Instructor guides you through the exercises at your own pace.
- Silver Splash®** A water exercise class that is great on the muscles and easy on the joints.
- Smart Start** Flab-you less way to start the day! Tone & tighten muscles with light weights, work your core with floor exercises & finish with relaxation.
- Spinning for Parkinson's Disease** Certified Parkinson's Cycling coach from InMotion will conduct a spinning class designed for people with Parkinson's Disease. No need to be a member of the of the SSC/SCC. You will need to complete an InMotion orientation by calling 216-342-4417 to schedule an appointment.
- Strength & Balance** Improve your strength and balance in this training class while using weights, bands, fitness balls and the barre.
- Tai Chi** A series of gentle movements done in a slow focused manner to help reduce stress, increase flexibility and improve balance.
- Walking** Rain or shine the SCC indoor track is available for you to come make new friends and stay in shape!
- Yoga Flow** Experience yoga geared for the mature adult. You will learn breathing techniques, as well as standing and chair yoga poses that will refresh your mind, body and spirit.
- Zumba Gold®** Easy-to-follow program that lets you move to the beat, at your own speed. It is an invigorating, dance-fitness class that feels fresh, and most of all, exhilarating!