

# Silver Series & SilverSneakers® Land Classes

It's fun to exercise in a group. At the Natatorium, everyone is welcome to move and feel better—no matter your age.

Our Silver Series and SilverSneakers® Classic classes are created with mature adults in mind, with a friendly pace and a supportive group setting. These classes help improve:

- Cardio endurance
- Balance and stability
- Functional strength for everyday life
- Overall health and energy

You'll notice softer music, smoother transitions, and exercises taught at comfortable tempos. The volume stays lower, and instructors offer options for different abilities so you can work at the level that feels right for you.

Check our schedule for class times and days, and come join the group. Movement is better with friends.

**Exercise adds life to our years and  
years to our life**

## Our Contact



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THE  
**NATATORIUM**  
COMMUNITY • WELLNESS • RECREATION  
CITY OF CUYAHOGA FALLS

## Silver Series Land Classes

**Strength, balance, and  
confidence for everyday life**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						Yoga-B All levels
8:15am		SilverSneakers-G Classic®			SilverSneakers-G Classic®	
9:00am					Core Stretch—B	
9:15am		Silver Cardio/Chisel-G		Silver Chisel/Ball-G		
10:30am	Silver Fitness-G		Silver Fitness-G		Silver Fitness-G	
10:30am	Silver Strength-B					
11:45am	Chair Yoga- G		Silver Strength / Balance—G		Chair Yoga —G	
4:45pm			<i>Tai Chi-B Advanced Paid Program</i>			
6:00pm			<i>Tai Chi—B Beginner Paid Program</i>	Yoga-B All Levels		

**Class locations: Group Fit B-** left of the Podium behind the Tree; **The Auxiliary Gym-** right of the podium next to the courts.

**Balance—**50 minute class works on improving balance, no cardio segment.

**Chisel—**60 minute class using light hand weights, bands, and weighted body bars to improve functional strength, flexibility, and balance.

**Chisel/Ball—**60 minute non-aerobic class featuring hand weights, body bars, and resistance balls.

**Fitness—** 60 minute class combining cardio/weights/balance exercises, a total body workout.

**SilverSneakers® “Classic” –** 45 minutes Range of Motion class using hand held weights, elastic tubing, small balls, chairs available for support.

**Core Stretch—** 50 minute class concentrating on stretching and improving flexibility.

**Yoga—** 60 minute class emphasizing the gentle stretches and poses of yoga / **Chair Yoga—**Class is conducted in a chair for 45 minutes.

**Tai Chi (Not included with membership)** Tai Chi improves flexibility, balance and strength. Advance/intermediate/Beginning classes –3 month sessions \$45

You should consult with your doctor before starting an exercise program.

All current class schedules posted on the web site: [www.fallsnat.com](http://www.fallsnat.com)