



Active Adult Fitness



**Bourbonnais Township
PARK DISTRICT**

**ACTIVE
ADULTS**

HEALTHWAYS

SilverSneakers®
FITNESS



FLEX™
Community
Fitness Classes

	Program Fee/ Silver Sneakers Member
ANNUAL REGISTRATION	\$35.00/FREE
1 month - unlimited classes	\$20.00/FREE
3 months - unlimited classes	\$58.00/FREE
6 months - unlimited classes	\$112.00/FREE
1 Year - unlimited classes	\$220.00 / \$35 Reg. Fee Waived

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:10 - 9:55a	Chair Aerobics (ongoing)	Senior Stretch	Chair Aerobics (ongoing)		Chair Aerobics (ongoing)
10:00 - 11:00a	Senior Aerobics (ongoing)		Senior Aerobics (ongoing)	Pickleball Open Gym 9:00a - 11:00a Aqua Fit 10:00 - 11:00a (ongoing)	Senior Aerobics (ongoing)
11:00a - 12:00p					Gentle Yoga for Healthy bones (ongoing)

SilverSneakers® FLEX™ Chair Aerobics

Move to the music and exercise in a chair with resistance and light weights. Exercises are designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are provided. (ongoing)

M, W, F 9:10 - 9:55a

SilverSneakers® FLEX™ Classic Senior Aerobics

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

M, W, F 10:00 - 11:00a

SilverSneakers® FLEX™ Senior Stretch

Stretch and meditate in a chair in this class similar to gentle Pilates. Stretch and keep up your range of motion so you can continue your everyday motion and mobility, decrease your chance of injury, and improve your balance.

Tuesdays 9:10 - 9:55a

SilverSneakers® FLEX™ Gentle Yoga for Healthy Bones

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.

Fridays 11:00a - 12:00p

Aqua Fit

Jump right into our aqua fit classes and build cardiovascular fitness and strength. Just like swimming, our aqua aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level. Participants may bring and use their own water shoes if desired. Showers and locker rooms available.

****This class will meet on Thursdays, from 10:00 - 11:00a at Riverside Independent Living, 100 Westwood Oaks Ct., Kankakee, IL. \$20.00 a month - all 55+ Fit classes included FREE for S.S. members.**

All Health & Fitness Programs located at Recreation Station unless otherwise noted.