



**\* All fitness classes located at the Recreation Station unless otherwise noted.**

### 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**

### Senior Circuit

This is a faster paced class where you will go through stations to target your entire body in a little over 45 minutes. This class will keep your everyday motions/activities a little easier. Come improve your strength and health one station at a time.

**Tuesdays 9:00 - 9:50a**

### 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.**



**RIVERSIDE**  
SENIOR LIFE COMMUNITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:10 - 10:00a	Chair Aerobics (ongoing)	Senior Circuit (9:00 - 9:50a)	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			Tai Chi 1/8 - 2/26 4/15 - 5/27 (Must be Pre-Registered)		Gentle Yoga for Healthy bones (ongoing)