

# SILVERSNEAKERS



February

Su	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	3	4 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	5
6	7 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	8	9 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	10	11 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	12
13	14 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	15	16 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	17	18 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	19
20	21 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	22	23 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	24	25 9:15 a.m. MSROM/ Cardio Circuit Justin Scott	26
27	28 9:15 a.m. MSROM/ Cardio Circuit Justin Scott					

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 Website: [www.mcminnvilletenn.com](http://www.mcminnvilletenn.com)

## February

All classes are held in the McMinnville Civic Center Aerobics Room.

# "Sneaker Time"

## DATES TO REMEMBER:

February 9th– Bloodmobile 12-6 pm  
February 18th– Circus Pages (4:30 & 7:30 pm)

## Circus Pages

Friday, February 18TH

2 Shows @ 4:30 pm & 7:30 pm!



# SilverSneakers® Fitness Program

## Class Descriptions

### **SILVERSNEAKERS®** **CARDIO CIRCUIT**

COMBINE FUN WITH FITNESS TO INCREASE YOUR CARDIOVASCULAR AND MUSCULAR ENDURANCE POWER WITH A STANDING CIRCUIT WORKOUT. UPPER BODY STRENGTH WORK WITH HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES AND A BALL IS ALTERNATED WITH NON-IMPACT AEROBIC CHOREOGRAPHY. A CHAIR IS OFFERED FOR SUPPORT, STRETCHING AND RELAXATION EXERCISES.

### **MUSCULAR STRENGTH** **RANGE OF MOVEMENT CLASS**

PARTICIPANTS HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT, AND ACTIVITY FOR DAILY LIVING SKILLS. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A BALL IS ALTERNATED WITH NON-IMPACT AEROBIC CHOREOGRAPHY. A CHAIR IS OFFERED FOR SUPPORT, STRETCHING, AND RELAXATION EXERCISES.