

## Group Exercise Schedule

### MONDAY

Balance & Flexibility.....8:30 a.m.-9:30 a.m.  
Stretch and Tone.....8:30 a.m.-9:30 a.m.  
Silver Splash.....9:00 a.m.-10:00 a.m.  
Silver Sneaker Classic.....10:45 a.m.-11:45 a.m.  
Cycling.....6:00 p.m.-7:00 p.m.

### TUESDAY

Aqua Arthritis.....9:30 a.m.-10:30 a.m.  
Cardio Drumming.....10:45 a.m.-11:45 a.m.  
Cybex Circuit.....6:00 p.m.-7:00 p.m.

### WEDNESDAY

Balance & Flexibility.....8:30 a.m.-9:30 a.m.  
Stability Ball.....8:30 a.m.-9:30 a.m.  
Silver Splash.....9:00 a.m.-10:00 a.m.  
Silver Sneakers Classic.....10:45 a.m.-11:45 a.m.

### THURSDAY

Aqua Arthritis.....9:30 a.m.-10:30 a.m.  
Chair Yoga.....10:45 a.m.-11:45 a.m.  
Cycling.....6:00 p.m.-7:00 p.m.

### FRIDAY

Balance & Flexibility .....8:30 a.m.-9:30 a.m.  
Stretch & Tone.....8:30 a.m.-9:30 a.m.  
Silver Splash.....9:00 a.m.-10:00 a.m.  
Silver Sneakers Classic .....10:45 a.m.-11:45 a.m.

### SATURDAY

Aqua Fit.....10:00 a.m.-11:00 a.m.

**stretch, cycle, dance, splash...**

# Group Exercise

**EFFECTIVE April 1, 2022**

**White River Club**



**Your Life. Your Health. Your Choice!**

**1545 S. Scatterfield Rd.**

**Anderson, IN 46016**

**(765) 640-8077**

**[www.whiteriverclub.com](http://www.whiteriverclub.com)**

**Your Guide to Group Exercise**

# Welcome to Group Exercise

White River Club offers a wide range of fitness classes included with your membership that are fun & challenging.

Please remember to exercise at your own pace. Drink plenty of water before, during and after your workout. Remember to wear proper footwear, comfortable clothing and or swim wear. If you are a new or pregnant, please inform your instructor and modify your movements and workout intensity. All classes offer a warm-up, intensity or heart-rate check, cool-down and final stretch unless it is a specialty class.

Classes are held in the group exercise room (upstairs), the gymnasium and the pool.

## Aqua Classes

**Aqua Arthritis** - Designed

to increase range of motion, reduce pain and stress.

**Aqua Fit** - Experience a complete body water workout combining intense cardio and strength conditioning.

**SilverSneakers® Splash** - Offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, balance, and endurance. No swimming ability is required. Kickboard or other aquatic equipment is provided.



## Group Exercise Classroom

*\*These classes are held upstairs.*

**Stability Ball** - Get on the ball and get moving! Utilizes the stability ball throughout for total-body muscle sculpting Challenges core, balance and stability muscles.

**Stretch & Tone** - Improve posture, flexibility and balance. Also includes a variety of standing and floor exercises designed to strengthen and tone muscles.

**Cardio Drumming**– Dancing and drumming to the rhythm of the music using a stability ball as your drum.

**Cycling**– High impact, cardio course that is easy on the joints.

**Cybox Circuit**– Weight course utilizing our cybox equipment (\*Taking place in our cybox room) for all around body strength, tone, and energy!

## Gym Classes

**Balance & Flexibility**– a class with a focus on improving balance and gaining flexibility for all ages and stages of fitness!

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

**Chair Yoga**-Complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.