

## Group Exercise Schedule

### MONDAY

Walking Hour.....8:30 a.m.  
Morning Splash .....8:30 a.m.  
Silver Splash.....9:30 a.m.  
Silver Sneaker Classic.....10:45 a.m.  
Pound.....5:45 p.m.

### TUESDAY

Aqua Arthritis.....9:00 a.m.  
Cardio Jam .....9:00 a.m.  
Aqua Fit .....10:00 a.m.

### WEDNESDAY

Walking Hour.....8:30 a.m.  
Stability Ball.....8:30 a.m.  
Morning Splash.....8:30 a.m.  
Silver Splash.....9:35 a.m.  
Sliver Sneakers Classic .....10:45 a.m.

### THURSDAY

Aqua Arthritis.....9:00 a.m.  
Cardio Jam.....9:00 a.m.  
Aqua Fit.....10:00 a.m.  
Chair Yoga.....10:45 a.m.  
Pound.....5:45 p.m.

### FRIDAY

Walking Hour.....8:30 a.m.  
Stretch & Tone.....8:30 a.m.  
Morning Splash.....8:30 a.m.  
Aqua Fit.....9:35 a.m.  
Sliver Sneakers Classic .....10:45 a.m.

### SATURDAY

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

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

**Effective September 10, 2020**



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**White River Club**



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

**1545 S. Scatterfield Rd.**

**Anderson, IN 46016**

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**[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.

**Morning Splash** - Join a fun 50 minute water resistance workout to improve strength and cardiovascular endurance without impact on your joints.

**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.*

**Cardio Jam** - High energy, fast paced aerobic workout with fun, easy to follow choreography.

**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.



## Gym Classes

**Walking Hour** - Get your heart and muscles pumping with brisk walking in a group.

**POUND**-A full body cardio jam session combining light resistance with constant simulated drumming.

**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.