

SENIOR FIT CLASS

- Instructor: Jack Sannino

LENGTH OF CLASS:

- 55 to 60 minutes

TARGETED AUDIENCE:

- Individuals 55 years of age and older
- Individuals attending a group fitness class for the first time.
- Individuals looking for a low-impact class with easy-to-follow choreography.
- Pregnant women.
- Individuals recovering from surgery.
- Individuals recovering from an injury and/or are in rehabilitation.

CLASS FORMAT:

- Warm-up
- Low impact cardio section
- Body, core and leg work-out section
- Toning with light free weights
- Toning with exercise tubes
- Balancing exercises
- Standing Stretches, Finale

WHAT MEMBERS NEED TO BRING TO CLASS:

- Loose fitting, comfortable clothing.
- Sneakers or other proper foot wear.
- Towel
- Bottle of water

MISCELLANEOUS CLASS INFORMATION:

- All senior related classes are performed in a 'standing' position.
- Individuals over 55 years of age, or individuals with special medical conditions should always speak with their physicians prior to attending a group fitness class.