

SILVER CLASS SCHEDULE

Hartford Recreation Center
 125. N Rural St.
 Hartford, WI 53027
 262-670-3730
 ci.hartford.wi.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPLASH 8:15-9:00am				SPLASH 8:15-9:00am
CLASSIC 8:30-9:15am	CIRCUIT 8:30-9:15am	CLASSIC 8:30-9:15am	ACTIVE 8:30-9:15am	CLASSIC 8:30-9:15am
	YOGA 9:30-10:15am		YOGA 9:30-10:15am	

SILVER SPLASH A fun, shallow water movement class to improve agility & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability is required and aquatic equipment is used to improve strength, balance & coordination.



SILVER YOGA A chair yoga class in which you learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Stretching can also help improve muscle tone and help you relax, both physically and mentally.



SILVER CLASSIC Move to the music with a variety of exercises that increase muscle strength, range of motion and activity for daily living. Hand held weights, resistance tubing and exercise balls are used for resistance. A chair is used for seated and/or standing support.



SILVER ACTIVE Functional movement to music using light weights, resistance tubing, exercise ball & chair for support. Control of breath and mindful relaxation to energize the body & mind.

SILVER CIRCUIT This class is a step-up from Classic. This standing class (chairs can be used for those that need to) alternates upper-body strength work with low impact cardio to maximize fitness benefits using handheld weights or tubing.

Silver Sneakers

Renew Active

Silver&Fit

LOCATION:

Hartford
 Recreation
 Center

COST:

ALL Classes **FREE** for:
 Silver Sneaker, Renew Active and
 Silver&Fit Members

NON-MEMBERS WELCOMED:

Classic/Active/Circuit/Yoga
 Res. \$4 / Non. Res \$5
 Silver Splash
 Res. \$8 / Non. Res \$10 **OR**
 Water Aerobics Punch Card