**BEXLEY RECREATION & PARKS**

**Bexley Activities Club 55+**

**SilverSneakers Classes**

Fall Schedule Oct-Nov 2019

---

### WHAT’S YOUR PLAN?

**SUNDAY**

- **WHAT’S YOUR PLAN?**
  - **SUNDAY IS A DAY OF REST!**
  - Take time to plan your activities for the week so you can feel great and take care of your health! **YOU ARE WORTH IT!**

---

### Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday 1</th>
<th>Friday 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CIRCUIT INTERVAL TRAINING</strong></td>
<td><strong>STABILITY</strong></td>
<td><strong>STRENGTH &amp; BALANCE</strong></td>
<td><strong>STRENGTH &amp; BALANCE</strong></td>
<td><strong>CIRCUIT INTERVAL TRAINING</strong></td>
<td></td>
</tr>
<tr>
<td><strong>NO CLASS WALKING!</strong></td>
<td><strong>NO CLASS</strong></td>
<td><strong>Strength and balance is important in everyday life will help you feel strong and stable. Strength exercises include using hand-held weights, stretching resistance tubing and using your a ball with your own body’s resistance while also using your core muscles to improve balance &amp; stability. LET’S GET STRONG!</strong></td>
<td></td>
<td><strong>CIRCUIT INTERVAL</strong> is an exercise class which alternates medium high intensity with active rest periods. This allows the heart rate to drop giving participants time to recover before the next interval. Modifications given for each participant as needed. <strong>YOU CAN DO THIS!</strong></td>
<td><strong>REMEMBER, MOVE IT OR LOSE IT!</strong></td>
</tr>
<tr>
<td>Week 1 10/21/19</td>
<td>Week 1 10/22/19</td>
<td>Week 1 10/23/19</td>
<td>Week 1 10/24/19</td>
<td>Week 1 10/25/19</td>
<td>Week 1 10/25/19</td>
</tr>
<tr>
<td>Week 2 10/22/19</td>
<td>Week 2 10/29/19</td>
<td>Week 2 10/30/19</td>
<td>Week 2 10/31/19</td>
<td>Week 2 11/01/19</td>
<td>Week 2 11/01/19</td>
</tr>
<tr>
<td>Week 3 11/04/19</td>
<td>Week 3 11/05/19</td>
<td>Week 3 11/06/19</td>
<td>Week 3 11/07/19</td>
<td>Week 3 11/08/19</td>
<td>Week 3 11/08/19</td>
</tr>
<tr>
<td>Week 4 11/11/19</td>
<td>Week 4 11/12/19</td>
<td>Week 4 11/13/19</td>
<td>Week 4 11/14/19</td>
<td>Week 4 11/15/19</td>
<td>Week 4 11/15/19</td>
</tr>
<tr>
<td>Week 5 11/18/19</td>
<td>Week 5 11/19/19</td>
<td>Week 5 11/20/19</td>
<td>Week 5 11/21/19</td>
<td>Week 5 11/22/19</td>
<td>Week 5 11/22/19</td>
</tr>
<tr>
<td>Week 6 11/25/19</td>
<td>Week 6 11/26/19</td>
<td>Week 6 11/27/19</td>
<td>Week 6 11/28/19</td>
<td>Week 6 11/29/19</td>
<td>Week 6 11/29/19</td>
</tr>
</tbody>
</table>

---

### Instructor Information

- **Instructor:** Liz Wypasek
- **Phone:** 614.314.9082
- **Email:** Liz@SilverStrongCoaching.com
- **Affiliations:**
  - AFAA Certified Personal Trainer
  - AFAA Certified Group Fitness
  - NASM Certified Nutrition Coach
  - SilverSneakers Instructor

---

### Additional Information

- **EVERYONE IS WELCOME!**
  - All classes are held in the Garden Room on the first floor of the Jeffrey Mansion.
  - The Garden Room is located past the fireplace in the front lobby through doors on either side. Restrooms are down the hall.

- **Fall Schedule Oct-Nov 2019**
- **SilverSneakers Classes** FREE for members
  - Just $3 per class for non members.
  - Drop-ins welcome!

---

**Jeffrey Mansion**

Garden Room 1st Floor
165 N. Parkview Ave.
Bexley, Ohio 43209