

Forever Fit Classes

at the **CONDITIONING SPA**

2640 11th Ave. Greeley, Co.

970-352-0974

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00 am Aqua <i>pool</i>	9:00 - 9:30 am Fast Feet <i>Gym</i>	9:00 – 9:45 am Aqua <i>pool</i>	9:00 - 9:30 am Fast Feet <i>Gym</i>	9:00 - 10:00 am SilverSplash <i>pool</i>
9:30 - 10:15 Cardio Cross Training <i>Upstairs</i>	9:45 - 10:30 SilverSneakers Muscular Strength <i>Group Fitness Room</i> 	9:30 - 10:15 Pilates <i>Group Fitness Room</i>	9:45 - 10:30 SilverSneakers Muscular Strength <i>Group Fitness Room</i> 	
10:15 - 11:00 Range of Motion <i>Group Fitness Room</i>	10:45 - 11:30 SilverSneakers Muscular Strength <i>Group Fitness Room</i> 	10:15 - 11:00 YogaStretch <i>Group Fitness Room</i> 	10:45 - 11:30 SilverSneakers Muscular Strength <i>Group Fitness Room</i> 	10:00 - 10:45 Range of Motion <i>Group Fitness Room</i>

Aqua: This class uses the natural resistive properties of water to achieve a safe and effective cardiovascular and muscular strength workout.

Cardio Cross Training: This class is designed with variety in mind. An opportunity to combine strength training, cardio vascular exercise, flexibility, balance, and agility together, to maximize your time and reach your fitness goals.

Fast Feet: An instructor guided walking class sure to enhance your cardiovascular fitness.

SilverSneakers Muscular Strength: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Pilates: Build your core strength with this invigorating class. Must be able to get down and up from the floor.

Range of Motion: Increase your flexibility and joint mobility with a variety of stretches and practical movements.

SilverSplash: SilverSneakers Splash® offers LOTS of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. Swimming ability is not required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

YogaStretch: will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.