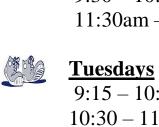




Class schedule for 2019 - Both of the Silver Sneakers® Fitness & United HealthCare Renew Active programs are innovative health, exercise and wellness programs helping older adults live healthy, active lifestyles. Get fit, have fun and make friends! All of these classes take place at the Olmsted Community Center. Ph. (440) 427-1599 / www.olmstedcc.com



Mondays

9:30 – 10:30am Chair Yoga: Dakota's Dance Studio ~ Instructor: Jen 11:30am – 12:00 Walking Club: Gym



9:15 – 10:15am Classic: Gym ~ Instructor: Laurel 10:30 – 11:30am Classic: Gym ~ Instructor: Laurel 11:30am – 12:00 Walking Club: Gym



Wednesdays

9:30 – 10:30am Chair Yoga: Dakota's Dance Studio ~ Instructor: Jen 11:30am – 12:00 Walking Club: Gym



Thursdays

11:30am - 12:00 Walking Club: Gym

Fridays- On the first Friday of every month, there is NO 9:15am Friday class 9:15-10:15am Classic: Gym ~ Instructor: Laurel 10:30 – 11:30am Classic: Gym ~ Instructor: Laurel 11:30am - 12:00 Walking Club: Gym

Fee: \$20 per month (*if not covered by insurance*)



8170 Mapleway Drive **Olmsted Falls, OH 44138**