



**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](http://www.olmstedcc.com)**



**Mondays**

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



**Tuesdays**

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