



Class schedules for 2018

The Silver Sneakers[®] Fitness & Optum Fitness Advantage Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun and make friends! All classes take place at the Olmsted Community Center, **440-427-1599** / www.olmstedcc.com



Mondays

9:15 – 10:15am **Chair Yoga:** 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

9:15 – 10:15am **Chair Yoga:** Dance Studio ~ Instructor: Jen

11:30am – 12:00 **Walking Club:** Gym



Thursdays

11:30am – 12:00 **Walking Club:** Gym



Fridays- First Friday of every month there is NO 9:15am class!

9:15-10:15am **Classic:** Gym ~ Instructor: Laurel

10:30 – 11:30am **Classic:** Gym ~ Instructor: Laurel

11:30am – 12:00 **Walking Club:** Gym



8170 Mapleway Drive
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