

Reilly Student Recreation Center
**2012 Spring Silver Sneakers® &
 Active Older Adult Class Schedule**

	9:00am- 10:00am	11:00am- 12:00pm
M O N D A Y	Silver Sneakers® YogaStretch Debra <i>Lakeside Room</i>	Silver Sneakers® SilverSplash® Debra <i>Shallow Pool</i>
T U E S D A Y	Silver Sneakers® Muscular Strength (ROM) Debra <i>Lakeside Room</i>	
W E D N E S D A Y	Mature Fitness Cardio Dance Debra <i>Lakeside Room</i>	<i>Get fit, have fun & make friends ☺</i>
T H U R S D A Y	Silver Sneakers® Muscular Strength (ROM) Monica <i>Lakeside Room</i>	
F R I D A Y	Mature Fitness Cardio Dance Debra <i>Lakeside Room</i>	Silver Sneakers® SilverSplash® Debra/Cheri <i>Shallow Pool</i>

Class Descriptions

Silver Sneaker® – Muscular Strength & Range of Movement (MS-ROM)

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. A chair is used for seated and/or standing support. *[Lakeside Room]*

Silver Sneaker® - SilverSplash®

Activate your aqua exercise urge for variety! Silver Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneaker® kickboard is used to develop strength, balance and coordination. *[Indoor Pool- Shallow End]*

Silver Sneaker® - YogaStretch

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. **No floor work performed [Lakeside Room]*

Mature Fitness Cardio Dance

Continuous movement for 30-40 minutes with choreography developed specifically for active older adults. Low impact dance patterns with modifications & options to suit your intensity level. Bring water, a towel and join the fun! *[Lakeside Room]*

Line Dancing

It's Happy Hour! Come learn the latest Line Dances & Bus Stop combinations taught in an easy, non-competitive atmosphere.

Zumba Gold

Join the Party! Modified Zumba moves and pace to suit the needs of active older participants, as well as those just starting their journey to a fit and healthy lifestyle, while maintaining all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like Salsa, Meringue, Cumbia and Reggaeton.

For more information contact **Debra Mouton, Silver Sneaker® Senior Advisor** at 504-247-1275 or email to dmouton@tulane.edu

The Silver Sneakers®
Fitness Program



Effective: 01/17 – 4/29/2012

Silver Sneakers[®] & Active Older Adults Fitness Class Instructors

Debra Mouton

Certifications: (AFAA) Group Fitness Leader, (AFAA) Personal Trainer, (AFAA) Step Reebok, (AEA) Aquatic Group Fitness Specialist, Red Cross CPR/AED Professional Rescuer, Red Cross 1st Aid

Licenses: Schwinn Nautilus Cycle Coach

Trained: Silver Sneakers[®] Muscular Strength & Range of Movement (MS-ROM), Cardio Circuit, SilverSplash[®], Resistance Tools & Choreography, YogaStretch[®] 1, 2, & 3, (AFAA) Mat Science 1 & 2, (AFAA) Mat Pilates

Monica Charlton

Certifications: (ACSM) Personal Trainer, Red Cross CPR/AED Professional Rescuer

Licensed: TRX Trainer

Trained: Silver Sneakers[®] Muscular Strength & Range of Movement (MS-ROM) and Cardio Circuit

Andrea Palumbo

Certifications: (AEA) Aquatic Group Fitness Specialist, Red Cross CPR/AED Professional Rescuer

Trained: Silver Sneakers[®] Muscular Strength & Range of Movement (MS-ROM) and Silver Splash

Cheri Babich

Certifications: (AEA) Aquatic Group Fitness Specialist, Red Cross CPR/AED Professional Rescuer