

# SILVER CLASS SCHEDULE

**Hartford Recreation Center**  
 125. N Rural St.  
 Hartford, WI 53027  
 262-670-3730  
 ci.hartford.wi.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SPLASH</b> 8:15-9:00am				<b>SPLASH</b> 8:15-9:00am
<b>CLASSIC</b> 8:30-9:15am	<b>CIRCUIT</b> 8:30-9:15am	<b>CLASSIC</b> 8:30-9:15am	<b>ACTIVE</b> 8:30-9:15am	<b>CLASSIC</b> 8:30-9:15am
	<b>YOGA</b> 9:30-10:15am		<b>YOGA</b> 9:30-10:15am	

**SILVER SPLASH** A fun, shallow water movement class to improve agility & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability is required and aquatic equipment is used to improve strength, balance & coordination.



**SILVER CLASSIC** Move to the music with a variety of exercises that increase muscle strength, range of motion and activity for daily living. Hand held weights, resistance tubing and exercise balls are used for resistance. A chair is used for seated and/or standing support.



**SILVER CIRCUIT** This class is a step-up from Classic. This standing class (chairs can be used for those that need to) alternates upper-body strength work with low impact cardio to maximize fitness benefits using handheld weights or tubing.

**SILVER YOGA** A chair yoga class in which you learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Stretching can also help improve muscle tone and help you relax, both physically and mentally.



**SILVER ACTIVE** Functional movement to music using light weights, resistance tubing, exercise ball & chair for support. Control of breath and mindful relaxation to energize the body & mind.

**NEW CLASS  
 SCHEDULE  
 BEGINS  
 OCT. 11TH!**

**LOCATION:**  
 Hartford Recreation Center

**COST:**  
 ALL Classes **FREE** for:  
 Silver Sneaker, Renew Active  
 and Silver&Fit Members

**NON-MEMBERS WELCOMED:**  
 Classic & Yoga  
 Res. \$4 / Non. Res \$5  
 Silver Splash  
 Res. \$8 / Non. Res \$10 OR  
 Water Aerobics Punch Card

***Silver Sneakers — Renew Active — Silver&Fit***