



This is a class for beginners but options are shown so that everyone can achieve new goals. Deirdre will alternate between weight training in the weight room, aerobics in a classroom setting and interval training. SS Intervals is for everyone – safe, heart-healthy and gentle on the joints! This is a class for those new to working out, whether weight training or aerobics. Deirdre will start with basic moves and build as the class progresses as a whole. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Duration: 60 minutes

You can find more information on the SilverSneakers program and see if you qualify at www.silversneakers.com.