



Senior Fitness Program

SilverSneakers® Classic is designed to increase strength, range of movement and performance in activities for daily living.

Senior Cardio Jam is choreographed using low-impact movements that focus specifically on building cardio endurance.

Strength & Balance is a class that helps you improve total body strength. Exercises that include lifting weights and doing body-weight exercises. This class will also practice balance poses.

Stability Circuit is a class helps you to become stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specially for fall prevention.

Total Body Flexibility is a class helps you increase core flexibility and improve your posture and balance.

Chair Yoga Practiced in a chair, Chair yoga is specially designed for Seniors, including those with physical challenges. Focuses on stretching, toning and balancing. Class includes seated, standing and balance poses.

Senior Stability Barre- This class uses a stability barre and combines elements of Pilates, Yoga, Strength training, flexibility and balance.

Chair Pilates – This class focus on posture, breathing techniques, flexibility and core strength.

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Class Schedule

Monday

11:00 am - Classic Movement – Mindi

12:00 pm - Stability Barre –Grace

1:00 pm - Senior Cardio Jam-Anita

Tuesday

10:00 am - Strength & Balance - Anita

11:00 am - Strength & Balance - Anita

12:15 pm - Senior Chair Yoga - Mindi

Wednesday

12:00 pm - Stability Circuit – Anita

1:00 pm - Senior Cardio Jam – Anita

1:30 pm – Senior Total Body Flex - Anita

Thursday

10:00 am - Strength & Balance - Anita

11:00 am - Strength & Balance - Anita

12:30 pm - Senior Chair Yoga - Mindi

Friday

10:15 am – Classic Movement- Mindi

11:15 am - Senior Chair Yoga – Mindi

12:15 pm - Chair Pilates -Grace