



HYPE Recreation Center Western Wayne \*\* 4635 Howe Rd \*\*  
(734) 721-7400

**DECEMBER 2024**

	9:00 AM	10:00 AM	11:00 AM	6:00 PM	Class Descriptions
<b>Monday</b>		<b>Senior Chair Yoga</b>	<b>Silver Sneakers Classic</b>		<b>Senior Chair Yoga</b> <i>Flowing exercises that stretch muscles of the entire body</i>
<b>Tuesday</b>		<b>Tai-Chi</b>	<b>Silver Sneakers Classic</b>	<b>Zumba</b>	<b>Basic Yoga</b> <i>A workout for both body and mind. Perfect for beginners and fitness regulars alike, you'll work on balance, mobility, strength and more.</i>
<b>Wednesday</b>			<b>Silver Sneakers Classic</b>		<b>Zumba</b> <i>Zumba is a form of aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements. The simplicity of the movements is part of the program's appeal.</i>
<b>Thursday</b>			<b>Silver Sneakers Classic</b>		<b>Silver Sneakers Classic</b> <i>Silver Sneakers Classic Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, eastice tubing with handles and a SilverSneakers Ball. Often a chair is used for seated exercised or standing support.</i>
<b>Friday</b>			<b>Senior Chair Yoga</b>		<b>Tai-Chi-Chu'an</b> <i>Thi-Chi-Chu'an is a non-competitive martial art known for it's health benefits. It combines gentle physical exercise with stretching and mindfulness. Certified instrutors teach basic alignments' breathing techniques, and a 12 movement sequence that can also be practiced at home.</i>
<b>Saturday</b>	<b>mba 9:30AM</b>				
<b>Instructors</b>	<b>Pat</b>	<b>Vonda</b>	<b>Gina</b>	<b>Deirdre</b>	

**Hours of operation**

Monday-Friday 6am-10pm  
Saturday 8am-8pm  
Sunday 8am-8pm