



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

MAY 2025

CLASS DESCRIPTION

Silver Sneakers

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 exercvised or standing support.

Zumba

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.

Tai-Chi Chu'an

Tai-Chi is A non competetive martial art known for its health benefits. It combines gentle physical exercise with stretching & mindfulness. Certified Instructors teach basic alignments, breathing techniques & a 12 movement sequence that can also be practiced at home.

	9:00 AM	10:00 AM	12:15 PM	6:00 PM	
Monday			Silver Sneakers Classic		
Tuesday		Tai-Chi	Silver Sneakers Classic	Zumba	
Wednesday			Silver Sneakers Classic		
Thursday			Silver Sneakers Classic		
Friday					
Saturday	mba 9:30AM				
Instructors	Pat	Vonda	Deidre		
Hours of operation Monday-Friday 6am-10pm Saturday 8am-8pm Sundav 8am-8pm					