

SilverSneakers Classic Sample Class

SilverSneakers Classic is our flagship, universal, class format. This class is perfect for the individual brand new to exercise but is also very appropriate for anyone wanting to improve their muscular endurance and flexibility.

The pre-class instructions help create the culture within this community and set the stage for the workout:

- You may stand or sit for this class.
- Work at your own pace.
- Make sure to get water when you need it, but I'll be giving reminders.
- On a scale of 1 to 10, how do you feel? Give me a number!
- Pay attention to how you're feeling while you're working today and make any necessary adjustments.

Be sure to cue for breathing, posture, hydration and perceived exertion.

Warm-Up and Range of Motion

(Standing or seated)

1. March – R, L 2x8
 - Press through your heels, stand or sit up nice and tall, you look like you're ready to work
 - Add arm pump and cue: Pay attention to your shoulders
 - March wide 2x8
 - Cue: Walk feet out a wider...open your base of support...check in with your hips/ankles, narrow your stance if this causes discomfort.
2. Tap toes side - R, L x8
 - Push off foot R, L x4
 - Add shoulder shrug – x8 (same arm-same leg)
 - Add shoulder rolls – x8 (same arm-same leg) increase ROM
3. Hold R toe side frontal balance add: point/flex toes x2
 - Repeat push off L, R x4
 - Hold L toe side frontal balance (seated participants lean and shift bodyweight towards L – maybe lift R hip off chair)
 - Add: Point/flex toes x2
 - Repeat R, L, R hold x3 ...L, R, L x3 hold (option to lift foot off the floor for balance challenge) whole combo x2
4. March wide – R, L. Neutral march.
5. Calf raise (vary tempo for balance challenge) x4
6. Shoulder forward/back x4 for chest and back stretch (posture check)
7. March ½ time – then walk around R side of chair
 - Cue: March tempo when you're behind chair.
 - Repeat and try to make it around chair in 8 counts.
 - Cue: March tempo when you're behind chair.
 - Walk to R and take a big step to front of chair.

8. Squat x6 (cover technique here)
 - Cue: Seated people squeeze everything from the waist down
 - Everyone stay seated on last squat.
9. Heels front (seated) x4
 - Add arms press front x4
 - Add arms press down x4
 - Arms front x2
 - Arms down x2
10. Knee lifts R, L then hold L knee up
 - Cue: Cup hands under thigh; point, flex foot
 - Cue: Spell your first name in cursive
11. Toe, heel open wide stance for inner thigh stretch.
 - R shoulder cross midline
 - Then L shoulder cross
12. Turn to R seated lunge - option lift off chair lower left heel progression.
 - Repeat other side
 - Cue: Spell your last name in cursive with this side (1-32)

Get water – PE Check

Work: Elastic Tubing with Handles

(Standing then seated)

1. Scapula adduction – x4
 - Cue: Hold tubing in front of your chest
 - Brace your center x4; cue: Get out of the car R leg then L Step into the tub L then R
 - Step over a curb L the R; attach tubing to chair; cue: Step R then L back to center
2. Chest press – x4
 - Cue: Hold tubing under your arms...press forward and back
3. Abdominal compressions – x4
 - Cue: Close tubing in front of your body...lengthen through your spine then add crunch
4. Chest fly – x8
 - Cue: Arms cross front R/L vary this work (speed and amount)
 - Slow crosses front, R arm on top, then L arm on top, REPEAT a few times
5. External obliques – x8
 - Cue: Reach across body R/L
 - Add opposite knee up for external oblique work (again...vary speed)
6. Internal obliques – x8
 - Cue: Bring tubing top of R shoulder...touch R elbow to R hip; repeat L

Work: Weights

(Standing or seated)

1. Posture improver – x4
 - Cue: Hinge from hips...draw hands to hips, elbows pull straight back
2. Triceps kickbacks – x4
 - Cue: Keep hands on hips, straighten and bend elbows
3. Internal/External shoulder rotation – x4
 - Cue: Elbows to your sides, flip palms toward sky
 - Cross midline R on top then L
4. Reverse curls – x4 both arms lift
5. Overhead press – R/L x2 then both arms x2 REPEAT
6. Tandem squat –
 - Cue: Place weights on thighs, stand up. Step R foot forward, feel the chair behind L leg
 - Progression: Add arm pattern from #5 – squat then arm movement (compound exercises)
7. Wrist curls both hands/ add wrist circles
8. Lateral deltoid raise – R/L x2 then both arms X2 (short or long lever)
 - Progression: Add hip abduction/adduction R/L

Get water – PE Check

Work: SilverSneakers Ball

(Seated)

1. Hand and finger work – x4
 - Cue: Squeeze the ball with both hands, open fingers wide
2. Reach up R/L – x4
 - Cue: Switch ball R/L hands with reach
 - Cue: Reach into cabinet
3. Toss ball in R hand – x8
 - Cue: Follow the toss with eyes only, avoid excessive neck hyperextension
 - Add varied pace toss options
4. Hold ball center add spinal rotation R/L x8
 - Cue: Wrists in neutral alignment, turn upper body R then L
 - Repeat #3 and 4...L hand x8 (spinal rotation L then R x8)
5. Adductor work – x4
 - Cue: Place ball between legs, mid-thigh; squeeze everything from the waist down
 - Cue: Stand up in front of your chair
 - Progression: Squat down 1 up 3 counts vary pace options here
6. Hold ball with both hands, bring ball to R shoulder, L hip; repeat L shoulder, R hip (offer varied pace changes here). Reaction options (Simon Says):
 - Cue: R shoulder, L shoulder; R hip, L hip; R shoulder, R shoulder; L hip, R hip

- Practice several options here...slow then fast

Cool-Down

(Standing or seated; slower movement and coordination drill – cognitive development)

1. March ½ time R/L, then add swimming stroke arms:
 - Breast stroke both arms x4
 - Free style R/L x4
 - Back stroke R/L x4
 - Butterfly stroke both arms x4
2. Coordination challenge:
 - R arm reach up/down/up clap clap x4 (1-32)
 - L arm reach up/out/down clap clap x4 (1-32)
 - Both arms follow patterns at same time x4 (1-32)

Get water – PE Check

Final Stretch

(Seated)

1. Hamstring/calf stretch
 - Cue: Place R heel in front
 - Cue: Flex foot, lengthen spine, hinge from hip
2. Ankle work
 - Cue: Lift R knee, cup hands under thigh
 - Cue: Circle ankle, point, flex
3. Spinal rotation/cervical rotation
 - Cue: Cross R over L ankle, knees touch, lengthen through crown of head and turn upper body towards right side of room...look over your right shoulder
4. Inner thigh/lat stretch/quadriceps
 - Cue: Lift R knee, step R - hold, Lift L knee, step L – hold
 - Cue: Slide arms inside of legs...press open
 - Cue: Press R shoulder across body, repeat L
 - Cue: Turn body to R for seated lunge, face center
 - Repeat shoulder L then R
 - Cue: Turn body to L for seated lunge

Repeat #1-3 on L – hamstring/calf stretch

5. Chest/shoulder stretch with breath work
 - Cue: Seated tall on chair, feet on floor hands, heart center
6. Wrist circles – hands/fingers

Relaxation

(Seated; class reflection – affirmation)

1. Soften gaze
 - Cue: Eyes closed or fixed gaze
2. Have participants focus on one thing they felt they did very well within the class. Refresh their memories about work completed today (balance opportunities, strength challenges, coordination exercises, etc.)
 - Cue: I AM getting stronger!
 - Cue: Walking is getting easier!
 - Cue: I'm sleeping better!
 - Cue: I've met some new friends!
3. Help them realize their fitness goals even if they've never considered them. Create a sense of community/belonging – the SilverSneakers Way. Allow one full minute of silence. Encourage them to “clear” everything from their mind.
 - Cue: As thoughts enter your mind, let them exit just as quickly as they entered.
 - Cue: How do you feel? On a scale of 1 to 10, give me a number
4. Thank members for coming to class and remind them when the next class(es) take place.
 - Cue: See you next week!