




Shelbyville Recreation Center

220 Tulip Tree Dr. Shelbyville, TN 37160

Phone: 931-684-9780

Website: www.shelbyvilletn.org/parksrec.htm

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  First Day of School! 	3 Senior Laff-A-Lympics 1pm Join Us for an Afternoon of Fun & Silly Games Join us in the Aerobics Room 	4 Chocolate Bingo 1pm 	5  Dominos, Uno, Rook, Phase 10, or Skip Bo 1pm	6 Potluck Lunch & Learn with Marcello Scalzo from Alive Hospice 11:30am Please bring a dish to share with the group!	7 <u>Painting for Fun</u> Open Paint Time: You Choose the Project 10am Ages 2 to 100 \$3.00 per person Pre-Registration Required  NERF WARS 11 - 14 yr. old at 8am 15 - 17 yr. old at Noon Rec Center Gym \$5.00 per person Participants must bring their own Nerf guns and eye safety equipment.
8	9 <u>SilverSneaker® Splash Class Starts Back Up!</u> Mondays & Thursdays at 1pm \$1.00 per person / Free with Full Membership 	10 Eating Out With Friends Good Food & Friends Meet us at <u>Hwy 55 Burgers Shakes & Fries</u> 1020 North Main St. 11am You are responsible for the cost of your meal & your transportation. Pre-Registration Required!	11 Remember to Listen to the Parks & Rec Dept. Show on WLIJ at 9am  Brain Games Activities to Exercise Your Mind. 1pm Arts & Crafts Room 	12  Dominos, Uno, Rook, Phase 10, or Skip Bo 1pm <u>Painting with Zeal</u> Level 2 Paint Class "Power Lines at Sunset" 5:30pm Ages 10 & Older \$8 per person Pre-Registration Required!	13  <u>Fitness Checks</u> 10:30am - 12:00pm Ages 60 & Older What is your fitness level compared to others your age? Call to set up your appointment. FREE! Senior Movie Time Come enjoy the movie with popcorn and friendship. For Seniors Citizens! 1pm Arts & Crafts Room	14 <u>Crafts with Cindy</u> <u>Barn Yard Clay</u> <u>Pot & Saucer</u> <u>Bird Feeder</u> 10am Ages 5 & Older \$5 per person Pre-Registration Required!
15	16	17	18  Sidesplitting Challenge 1pm 	19  <u>Fitness Checks</u> 10:30am - 12:00pm Ages 60 & Older What is your fitness level compared to others your age? Call to set up your appointment. FREE!  Dominos, Uno, Rook, Phase 10, or Skip Bo 1pm	20 <u>Water Class</u> <u>Beach Ball Volleyball Pool Party & Potluck</u> <u>Weenie Roast</u> Begins at 10am Come join the fun of a crazy game of beach ball volleyball. Hot dogs, buns, drinks, mustard, ketchup, mayo, relish, & paper products provided. Please bring side dishes & desserts to share with the group.	21
22	23	24 <u>Ladies Night Out</u> <u>Crafts</u> <u>Multi-Slat</u> <u>Wooden Signs</u> 5:30pm Ages 13 & Older \$6.00 per person Pre-Registration Required	25 Beginners "Android" Cell Phone Class Bring your questions about your Android phone for the class. 1pm Arts & Crafts Room 	26  Dominos, Uno, Rook, Phase 10, or Skip Bo 1pm	27 Birthday & BINGO  1pm Bingo & Win Prizes Enjoy Cupcakes with Our Seniors with Birthdays	28 <u>Painting with Cindy</u> Pre-Drawn Paint Class "Sunflower & Bee" 10am Ages 5 & Older \$6 per person Pre-Registration Required!
29	30 Park Board Meeting 5pm Open to the Public! 	31 <div style="background-color: #90EE90; padding: 10px;"> Arthritis Foundation Walk With Ease The Arthritis Foundation's program that is proven to reduce the pain of arthritis and improve your overall health, no matter if you need relief from arthritis pain or just want to be active. September 8th - October 15th Mon., Wed. & Fridays at 5pm Pre-Registration Required! Cost: FREE Limit 8 Participants. </div> 	<div style="background-color: #ADD8E6; padding: 10px;"> Saturdays 11am - 5pm Sunday 1pm - 5pm  From August 1 to September 5, the Outdoor Pool will Only be Open on the Weekends. </div>			

Shelbyville Recreation Center August 2021 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am – Arthritis Foundation Aquatics Class 9am – Hydrocize 9:15am – SAIL 10am – Hydrocize 10:15am – Arthritis Foundation Exercise Class 1pm - SilverSneakers Splash 6:15pm – Power Training Sessions	8am – Morning Waves 8am – Yoga with Mary Grace 9am – N 2 the Deep 9:15am – SilverSneakers® Classic 4:40 – Boot Camp 5:30pm – Hydrocize 5:30pm – DKP (Dance Kick Pump) 5:30pm – Yoga with Mary Grace	8am – Arthritis Foundation Aquatics Class 9am – Hydrocize 9:15am – SAIL 10am – Hydrocize 10:15am – Arthritis Foundation Exercise Class	8am – Morning Waves 8am – Yoga with Mary Grace 9am – N 2 the Deep 9:15am – SilverSneakers® Classic 1pm - SilverSneakers Splash 4:40 – Boot Camp 5:30pm – Hydrocize 5:30pm – DKP (Dance Kick Pump) 5:30pm – Yoga with Mary Grace	8am - Arthritis Foundation Aquatics Class 9am – Hydrocize 9:15am – SAIL 10am – Hydrocize 5:30pm – ZUMBA	7:50am – Power Training Sessions 9am – Boot Camp

Land Classes

Arthritis Foundation Exercise Class *** Mondays & Wednesdays at 10:15am *Cost: \$1.00 per class all ages*
 This is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range of movement exercises that are suitable for every fitness level. (Instructor: Cindy Allen)

SAIL (Stay Active & Independent for Life) *** Monday, Wednesday, Friday @ 9:15 am *Cost: \$1.00 for Seniors & \$2.00 for Adults*
 A strength and balance fitness class that includes moderate aerobic exercise, strength exercises with wrist and ankle weights, a scripted balance component, and stretching exercises. Exercises can be done seated or standing. SAIL features objective fitness testing for participants and resources that include several self-risk assessments and information to reduce their chance of falling. (Instructor: Cindy Allen)

SilverSneakers® Classic (Muscular Strength & Range of Movement) *** Tuesdays & Thursdays at 9:15am *Cost: Free for Everyone*
 This class includes a variety of exercises designed to increase muscular strength, range of movement, and daily activity skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobics. A chair is offered for support, stretching, and relaxation. (Instructor: Cindy Allen)

Yoga with Mary Grace Tuesdays and Thursdays at 8am and 5:30pm *Cost: \$3.00 for everyone* (Instructor: Mary Grace Phillips)

DKP (Dance Kick Pump) Tuesdays & Thursdays at 5:30pm *Cost: \$3.00 for everyone* (Instructor: Tabby Stem)

Power Training Sessions Mondays at 6:15pm and Saturdays at 7:50am *Cost: \$3.00 for everyone* (Instructor: Tabby Stem)

***Participants must contact Tabby at tabby.stem@gmail.com to join this class. Drop-ins not allowed.

ZUMBA - NEW Fridays at 5:30pm *Cost: \$3.00 for everyone* (Instructor: Shemeka Turner)

Water Classes

Arthritis Foundation Aquatics Class (Shallow Water – No Impact) *** Monday/Wednesday/Friday at 8am *Cost: \$1.00 per class all ages*
 A warm water exercise program that works out those squeaks and creaks. You will perform gentle exercises without straining joints and muscles. Diabetic participants are strongly encouraged to wear aquatic footwear. (Instructor: Cindy Allen)

Morning Waves (Shallow Water – Low Intensity) *** Tuesdays & Thursdays at 8am *Cost: \$1.00 per class all ages*
 Morning Waves offers LOTS of fun shallow water moves to improve coordination, balance, and cardiovascular endurance. Water weights and beach balls are used to develop strength, balance, and coordination. No swimming ability is required. Diabetic participants are strongly encouraged to wear aquatic footwear. (Instructor: Cindy Allen)

SilverSneakers® Splash (Shallow Water – Low Intensity) *** Mondays & Thursdays at 1pm *Cost: \$1.00 per class all ages*
 Splash offers LOTS of fun shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard & water dumbbells are used to develop strength, balance, and coordination. Diabetic participants are required to wear aquatic footwear. (Instructor: Cindy Allen) **Starts Back Up on August 9th.**

Hydrocize (Shallow Water – Medium Intensity) *** Monday/Wednesday/Friday at 9am & 10am and Tuesday/Thursday at 5:30pm
Cost: \$1.00 per class all ages
 This workout includes a mild cardio segment and hits all the major muscle groups during strength training. (Instructor: Erin McBee)

N 2 the Deep (Deep Water – Medium Intensity) *** Tuesdays & Thursdays at 9:00am *Cost: \$1.00 per class all ages*
 This workout includes a short cardio segment and focuses on strength training, specifically core strength.

*** These classes are included in the Full Rec Center, SilverSneakers®, Prime®, Silver & Fit®, and Renew Active® memberships.
The Shelbyville Recreation Center is a Proud Provider of the SilverSneakers®, Silver & Fit®, and Renew Active® Fitness Programs.