

Senior Activities

Activity	Day(s)	Time	Description	Costs
<u>Fitness Center</u>	Everyday	Mon. thru Thu. 5:30am to 10pm Fri. 5:30am to 6pm Sat. 8am to 8pm Sun. 9a-6p	-Treadmills -Stationary Bikes -Loose Weights -Weight Machines -Televisions & Newspapers	-GV Residents who are 65 Years & Older: <i>Free Lifetime Membership</i> -Non Residence may qualify for a discount
<u>Senior Coffee</u>	Mondays	9am to 11am	-Time to visit with friends and make new ones. -Complimentary coffee	-No Cost
<u>SilverSneakers Yoga</u>	Mondays	10:30a to 11:15	-Whole body movement in seated and standing poses. -Increase flexibility, balance and range of movement. -Promotes stress reduction and mental clarity.	-\$2.00 per class -Free to SilverSneakers -Free to Silver&Fit
<u>Beginning Line Dancing</u> <u>Intermediate Line Dancing</u>	Tuesdays & Thursdays	9am to 10am 10am to 11am	-Some Experience -Experienced	-\$2.00 per class -Free to SilverSneakers -Free to Silver&Fit
<u>SilverSneakers'® Classic Muscular Strength & Range of Movement Fitness Class</u>	Mondays, Wednesdays & Fridays	9:30am to 10:30am	-Something for everyone on any fitness level -Improve strength, flexibility and balance, resulting in your ability to stay healthy	-\$2.00 per class -Free to SilverSneakers -Free to Silver&Fit
<u>Pickleball</u>	Tuesdays & Thursdays	1:00pm to 3pm	-Similar to ping pong, badminton & tennis combined -Played on badminton court with net lowered to 34 inches, and uses whiffle ball and paddle (provided)	-\$2.00 per person -Free to SilverSneakers -Free to Silver&Fit
<u>Senior Luncheon</u> <u>Senior Fun Bingo</u>	1st Wednesday of Month	11:30am to 1pm 1pm to 4pm	-Tradition Since 1987 -Served By City Leaders -Prepared By GV Schools -RSVP by Friday before luncheon at 847-6230	Donations Accepted (\$3.00 minimum recommended)

The above information may change at any time

