



COMMUNITY & RECREATION CENTER AT BOYCE MAYVIEW PARK SILVER CARD

Silver Card holders are residents of Upper St. Clair who are 62 years or older. To receive a Silver Card visit the Community & Recreation Center with your valid ID. Silver Card grants you access to free Silver Card classes **NOT** general facility usage. **For general track, fitness equipment or pool usage contact membership at 412-221-1099 Ext. 6220.**



WEEKLY EXERCISE CLASSES



MONDAYS

CLASS NAME	TIME	INSTRUCTOR	LOCATION
BACK TO BASICS	12:00 - 1:00 PM	GAIL	GYM 2A
AQUA INTERVAL	7:00 - 8:00 PM	COLLEEN	RESISTANCE CHANNEL

TUESDAYS

CLASS NAME	TIME	INSTRUCTOR	LOCATION
SENIOR SCULPT	9:30 - 10:30 AM	ANNE	GYM 1B

WEDNESDAYS

CLASS NAME	TIME	INSTRUCTOR	LOCATION
ZUMBA GOLD	8:00 - 9:00 AM	GAIL	STUDIO 2
STRONG BODIES/BONES	12:30 - 1:20 PM	ANNE	GYM 2A
AQUA JOG	8:00 - 8:45 PM	ANN MARIE	RESISTANCE CHANNEL

THURSDAYS

CLASS NAME	TIME	INSTRUCTOR	LOCATION
BOXING	11:00 AM - 12:00 PM	CARI	STUDIO 2

FRIDAYS

CLASS NAME	TIME	INSTRUCTOR	LOCATION
T’AI CHI	8:00 - 8:45 AM	CLAUDETTE	STUDIO 2
CHAIR YOGA	10:30 - 11:30 AM	AMY	COMMUNITY ROOMS

CLASS DESCRIPTIONS

GROUP EXERCISE

- **Back to Basics** - Combines low impact cardio, strength training and balance, core work & yoga. Builds endurance, muscle ton, and strength.
- **BAT: Balance, Agility, Tensile** - Ability to correct instability, to react to change in body position, to stretch without tearing and return to center.
- **Boxing** - Unique cardio interval class that infuses elements of boxing to provide a great workout!
- **Chair Yoga** - A gentle class adapting yoga poses with a chair.
- **Senior Sculpt**- Low-impact, full-body strength class designed to improve muscular endurance, balance, and mobility using light weights and controlled movements.
- **Strong Body/Strong Bones** - This joint friendly, bone hardening program strengthens the spine, hips, wrists and ankles. This workout is designed to improve balance, bone density, reduce fractures and manage osteoporosis.
- **Tai Chi** - Join us for meditation in motion as you perform a series of gentle and flowing movements.
- **Zumba Gold** - Same exciting rhythms created in the original Zumba workout and brings them to the active older adult, the beginner participant or anyone! No dance experience necessary.

WATER EXERCISE

- **Aqua Interval** - A great alternative for anyone who enjoys water walking.
- **Aqua Jog** - Aqua Jog is a dynamic, water-based workout that combines the benefits of jogging with the support of water.

UNITED SENIOR CITIZENS OF UPPER ST. CLAIR

This program is sponsored by the Township of Upper St. Clair Department of Recreation & Leisure Services. In order to participate, one must be a **RESIDENT** of the Township, 55 years of age or older, and retired. Spouses of eligible members may join even if under age 55.



GATHERINGS

Dates: Most Wednesdays

- 10 am - Socialization Begins
- 12 pm - Business Meeting & Lunch
- 1 pm - Activities



McLaughlin Run Activity Center
1770 McLaughlin Run Road
Upper St. Clair, PA 15241



ACTIVITIES

Join us for fun activities including musical entertainment, lectures or presentations of interest, health & fitness instruction, and more!



OUTINGS

Day trips to various performances and places of interest are scheduled throughout the year for a fee.

For more information, please contact the Community Programs Department at 412-221-1099 or email: Lynn Walcoff at walcoff@twpusc.org.

TOWNSHIP SILVER CARD BENEFITS

FREE use of Municipal three-hole golf course. Golfers **must sign in** at the Tennis and Golf Administrative building prior to entering the course. **FREE** Municipal Tennis Court permits available for the outdoor season on McLaughlin Run Road.



*Benefits and discounts are subject to change.



C&RC MEMBERSHIP OPTIONS

Purchase a membership to have access to all C&RC amenities including the track, fitness area, pools and additional classes!

Senior Annual Contract

\$38 a month for residents 62+years

Senior Three-Month Contract

\$225 Any three month period starting between April 1-July 31

\$175 Any three month period starting between August 1-March 31

*prices subject to change