

Silver Sneakers  
Schedule!



**LOVE LIFE LONGER™**  
 Improve strength, energy and balance with regular exercise.  
 SilverSneakers offered here

**SilverSneakers®**

| Time          | Monday                            | Tuesday                        | Wednesday                        | Thursday                       | Friday                            |
|---------------|-----------------------------------|--------------------------------|----------------------------------|--------------------------------|-----------------------------------|
| 10:45-11:45a  | SilverSneakers<br>Classic<br>Gina |                                | SilverSneakers<br>Classic<br>Liz |                                |                                   |
| 10:35a-11:45a |                                   | SilverSneakers<br>Yoga<br>Mona |                                  | SilverSneakers<br>Yoga<br>Mona | Silver Sneakers<br>Circuit<br>Liz |
| Noon-1p       |                                   |                                |                                  |                                | SilverSneakers<br>Yoga<br>Mona    |

**Classic:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**Circuit:** A safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body, core strength and cardio endurance. This is a higher intensity class than Classic

**Yoga:** Perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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*You do not have to be a member of Silver Sneakers to attend these classes. Come out and join the fun!*

