

Attention SilverSneakers Participants

CLASSES RESUME ON MONDAY, APRIL 19th

We're SO happy to have you back!

Please help us ensure a safe environment for all by doing

Your Part:

- Wear your mask upon entering the building and while passing through common areas until you reach your chair in the gym.
- Remember masks are NOT REQUIRED while you are exercising during class. Please maintain 6ft of distance while selecting equipment before class.
- Please practice social distancing before, during and after class.
- You DO NOT have to return your equipment after class. Just leave it at your chair.
- Please remember to avoid congregating in groups and to maintain social distancing when entering and leaving the building.
- Please do not arrive more than 15 minutes before the start of class.

Our goal is to provide a safe environment for everyone by doing

Our Part:

- Utilizing our open gym space to ensure safe distance and optimal air exchange.
- Chairs will be set up with adequate spacing for your safety.
- We will make sure all of the equipment is disinfected after every class.
- Following class you may leave your used equipment by your chair and we will do the cleaning.

WE HAVE MISSED YOU AND LOOK FORWARD TO HAVING YOU BACK FOR YOUR SILVERSNEAKERS CLASSES!



LOVE LIFE LONGER™

Improve strength, energy and balance with regular exercise.

SilverSneakers offered here

SilverSneakers®

NEW!!
SilverSneakers
Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a-9:30a	SilverSneakers Circuit		SilverSneakers Circuit		SilverSneakers Circuit
9:00a-10:00a		SilverSneakers Classic Christy		SilverSneakers Classic Christy	

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 and core strength plus cardio endurance. This is a higher intensity class than Classic and CardioFit.

