

Silver Sneakers Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. SilverSneakers Classic		10:00 a.m. SilverSneakers Classic 11:00 a.m. SilverSneakers Classic	10:00 a.m. SilverSneakers Circuit	10:00 a.m. SilverSneakers Classic

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.