



Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence. SilverSneakers also provides opportunities to:

- expand your social network and strengthen friendship
- increase your mental sharpness
- take part in social activities and wellness seminars

More than 1 million members nationwide already enjoy SilverSneakers.

Join the today and bring your SilverSneakers card and /or health plan ID to the front desk, and our friendly staff will help you enroll!

SilverSneakers Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



Class Schedule

Monday:

10:00- 11:00 MSROM Class ~ Gym

11:00 ó 12:00 Yoga Class ~ Gym

10:30-11:30 Walking Club ~ Gym

Tuesday:

9:15-10:15 MSROM Class ~ Gym

10:30 -11:30 MSROM Class ~ Gym

Wednesday:

10:30-11:30 Walking Club ~ Gym

Thursday:

9:30-10:30 MSROM Class ~ Fitness Studio

10:30 ó 11:30 Yoga Stretch ~ Fitness Studio

10:30-11:30 Walking Club ~ Gym

Friday:

9:15-10:15 MSROM Class ~ Gym

10:30-11:30 MSROM Class ~ Gym

Fee: \$20.00 month

*IF NOT covered by your insurance

SilverSneakers direct access to their website and social media pages for even more SilverSneakers information.



Link to SilverSneakers Website:

www.silversneakers.com

A small icon of the Facebook logo, positioned to the left of the Facebook link.

Link to the SilverSneakers
Facebook page:

www.facebook.com/silversneakers



Link to the SilverSneakers
YouTube Channel:

www.youtube.com/TheSilverSneakers