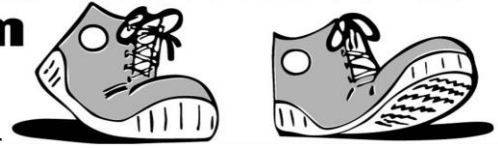


# The Silver Sneakers® Fitness Program



The SilverSneakers® Fitness Program is a unique physical activity, lifestyle and social oriented program designed to encourage Medicare-eligible members to increase their levels of physical activity and motivate them to continue to be active. The program reflects senior sensitivity, promotes social interaction and encourages participation in healthy lifestyle activities, showing that ...*it's easy to get fit, have fun and make friends.*

## SilverSneakers® I Muscular Strength

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for 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.

<b>TIME:</b>	Mon/Tues/Wed/Thurs	10:30-11:30 a.m.
	Mon/Wed	2:00-3:00 p.m.
<b>COST:</b>	Member:	<b>FREE</b>
	Non-Member:	\$50 / 2x per week

## SilverSneakers® II Cardio Circuit

Increase cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

<b>TIME:</b>	Tues/Thurs	9:00-10:00 am
	Tues/Thurs/Fri	1:00-2:00 p.m.
<b>COST:</b>	Member:	<b>FREE</b>
	Non-Member:	\$64

## YogaStretch

This class will physically and mentally engage participants with a variety of safe, fun yoga postures and breathing exercises. Using a chair for support, you work at the own pace to build flexibility and endurance while learning to relax and think clearly.

<b>TIME:</b>	Mondays	1:00 pm
	Fridays	10:15 am
<b>COSTS:</b>	Members:	<b>FREE</b>
	Non-Members:	\$24.00

## SilverSplash®

Shallow water moves help to improve agility, flexibility and cardiovascular endurance. No swimming ability is required; a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

<b>TIME:</b>	Mondays	11:15-12:00
	Wednesdays	11:15-12:00
	Fridays	11:15 -12:00
<b>COST:</b>	Members:	<b>FREE</b>
	Non-Member:	\$72.00



## SilverSneakers® Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SilverSneakers® II Cardio Circuit 9:00-10:00 a.m.		SilverSneakers® II Cardio Circuit 9:00-10:00 a.m.	YogaStretch® 10:15-11:00 am Program Room
SilverSneakers® I Muscular Strength 10:30-11:30 a.m.	SilverSneakers® I Muscular Strength 10:30-11:30 a.m.	SilverSneakers® I Muscular Strength 10:30-11:30 a.m.	SilverSneakers® I Muscular Strength 10:30-11:30 a.m.	SilverSneakers® SilverSplash® 11:15-Noon
YogaStretch 1:00 -1:45 pm Program Room	Equipment Orientations 11:30-12:30 p.m. (By Appt. Only)	SilverSneakers® I Muscular Strength 2:00-3:00 p.m.	Equipment Orientations 11:30-12:30 p.m. (By Appt. Only)	SilverSneakers® II Cardio Circuit 1:00-2:00 p.m.
SilverSneakers® I Muscular Strength 2:00-3:00 p.m.	SilverSneakers® II Cardio Circuit 1:00-2:00 p.m.		SilverSneakers® II Cardio Circuit 1:00-2:00 p.m.	

