

SilverSneakers® Fitness Program

The *SilverSneakers® Fitness Program* is a unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. Based upon “fitness, fun and friends,” the fitness center-based program incorporates fun, social programming with an exercise program that enhances independent living skills. The target market of SilverSneakers is Medicare-eligible populations, primarily age 65 and older with activity levels ranging from active to semi-sedentary.

SilverSneakers® Fitness Classes

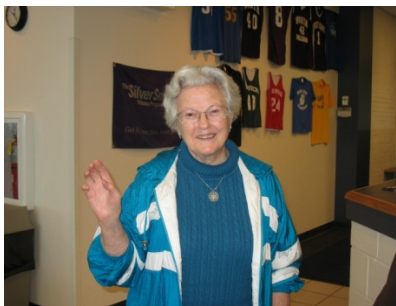
SilverSneakers® I - Muscular Strength & Range of Movement Aerobics Class

Monday, Tuesdays & Thursdays at 10:30 am

Participants have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation. Silver Sneaker members and Y members invited to attend.

Cost: Free

SilverSneakers® YogaStretch Class



Wednesdays at 10:30am

Participants will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final stretch relaxation will promote stress reduction and mental clarity. Participants do not have to remove their shoes. No floor poses will be offered. Silver Sneaker members and Y members invited to attend.

Cost: Free

SilverSneakers® Socials

Join us for our monthly socials held in our Social Recreation Room

(across from the front desk).

Each month is a fun themed party! Meet other Silver Sneaker members and enjoy a nice lunch while we gather together on the 3rd Tuesday of every month!

Potluck luncheons! Look for the cards at the front desk to tell you what we are doing that month. There will also be a dry erase board out in the front desk area, describing our function!

All Silver Sneaker members are invited to join us.

All Silver Sneakers class members are invited!



This was our St. Patrick's Day luncheon!

If you have any questions, please contact

Annette Garrison, Silver Sneakers Senior Advisor

827-9622 ext 21