

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

SilverSneakers Classic  
Monday, Wednesday & Fridays  
9:30am  
Classes are 45 minutes

All equipment is supplied  
Bring your own water & a towel



*\$2 /FEE APPLIES FOR WALK-INS  
NON SilverSneakers® MEMBERS*

*ANY QUESTIONS PLEASE CALL  
(216) 433-1545*