

SILVERSNEAKERS CLASSIC



SilverSneakers® Classic will have you moving through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living.

CLASS DETAILS

Duration	45-60 minutes
Level	Beginner
Equipment	<ul style="list-style-type: none">• Chairs• Hand weights• Tubing• Balls
Music	Upbeat, varies by instructor
Benefits	Improve strength and flexibility, functional fitness, and learn skill drills for fall prevention

Join us
this week!