



SilverSneakers is the leading fitness program designed specifically for active older adults.

We focus on fitness, friends and fun!



CLASS SCHEDULE

SilverSneakers CardioFit

Tues at 9:00 am - 10:00 am ** DOORS OPEN AT 8:30 am

Cardio Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers Classic

Thur at 9:00 am - 10:00 am **DOORS OPEN AT 8:30 am

Have fun and move to the 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Contact us today and we'll help you get started.