



SilverSneakers Classes

Classes are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to mu-sic through a variety of exercises, designed to in-crease strength, range of motion and balance, supporting activities for daily living. We use light weights, elastic tubes with handles and small balls for resistance. A chair is used for seated exercises and standing support. These classes are low im-pact training suitable for beginners to intermediate skill level and can be adapted tom meet all fitness abilities. Class placement will be determined based on each member's needs, abilities and class size. Bring a bottle of water and wear comfortable clothing and footwear appropriate for ex-ercise. Please come a few minutes early to gather provided equipment for each class so that we can begin on time.

†Pre registration required call 876-4813

SilverSneakers Intermediate 9:30-10:15

SilverSneakers Basic 10:30-11KF Í

Silver Sneakers Basic 11:HÉÉFG

Mondays, Wednesdays, B Fridays

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Potluck Luncheon

The first Wednesday of each month we offer a Community Pot-Luck Luncheon at 1GKFÍ] [É It's an opportunity for members and non-members to enjoy delicious food, have fun socializing and meet new friends. We'd love to have you join us!

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