

HEALTHWAYS

# Silver Sneakers® FITNESS



## Class schedules for 2017

The Silver Sneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun and make friends!



### Mondays

9:15 – 10:15am **Yoga:** Dance Studio ~ Instructor: Jen



### Tuesdays

9:15 – 10:15am **Classic:** Gym ~ Instructor: Laurel

10:30 – 11:30am **Classic:** Gym ~ Instructor: Laurel



### Wednesdays

9:15 – 10:15am **Yoga:** Dance Studio ~ Instructor: Jen



### Thursdays

10:30 – 11:30am **Walking Club:** Gym



### Fridays

9:15 – 10:15am **Classic:** Gym ~ Instructor: Laurel

10:30 – 11:30am **Classic:** Gym ~ Instructor: Laurel

**First Friday of every month NO 9:15am class!**

**Fee: \$20 per month (if not covered by insurance)**



440-427-1599

[www.olmstedcc.com](http://www.olmstedcc.com)