

HEALTHWAYS

Silver Sneakers® FITNESS



Class schedules for 2016

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)

