



ACTIVE OLDER ADULTS

MONDAY	Class	Instructor	Location
11:30	Silver Sneakers Classic	Michelle	Faith

TUESDAY	Class	Instructor	Location
10:30	Silver Sneakers Classic	Alma	Faith
11:30	Beginners Line Dance	Alma	Responsibility
	Silver Sneakers Yoga	Michelle	Faith

WEDNESDAY	Class	Instructor	Location
10:30	Silver Sneakers Cardio	Michelle	Faith
11:30	Silver Sneakers Classic	Michelle	Faith

THURSDAY	Class	Instructor	Location
10:30	Silver Sneakers Classic	Alma	Faith
11:30	Silver Sneakers Yoga	Alma	Faith

FRIDAY	Class	Instructor	Location
10:30	Advanced Line Dance	Alma	Faith
11:30	Silver Sneakers Classic	Alma	Faith

***YMCA MISSION:
TO PUT CHRISTIAN PRINCIPLES
INTO PRACTICES THROUGH
PROGRAMS THAT BUILD HEALTHY
SPIRIT, MIND, AND BODY FOR ALL.***

The SilverSneakers® Fitness Program

The nation's leading fitness program
designed specifically for older adults.

SilverSneakers Muscular Strength & Range of Movement is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants' functional capacities.

Cardio Circuit is a non-impact standing class with alternating intervals designed to increase cardiovascular and muscular endurance.

CardioFit is an advanced class for active adults to increase cardiovascular and muscular endurance as well as strength, agility and coordination.

SilverSplash is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.

SilverSneakers YogaStretch is a universal class designed specifically to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.

For more information call 888-423-4632
or visit www.silversneakers.com

