

# SILVERSNEAKERS CLASSIC



SilverSneakers® Classic is designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

## CLASS<sup>1</sup> DETAILS

Duration	45-60 minutes
Level	Beginner to intermediate
Equipment	<ul style="list-style-type: none"><li>• Chairs</li><li>• Hand weights</li><li>• Tubing</li><li>• Balls</li></ul>
Music	Upbeat, varies by instructor
Benefits	Improve strength and flexibility

Join us this week!



Always talk with your doctor before starting an exercise program.  
1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.  
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.  
SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. SSFP2765\_1221



# SILVERSNEAKERS CLASSIC



SilverSneakers® Classic is designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

CLASS<sup>1</sup> DETAILS

Duration	45-60 minutes
Level	Beginner to intermediate
Equipment	<ul style="list-style-type: none"><li>• Chairs</li><li>• Hand weights</li><li>• Tubing</li><li>• Balls</li></ul>
Music	Upbeat, varies by instructor
Benefits	Improve strength and flexibility

Join us this week!



Always talk with your doctor before starting an exercise program.  
1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.  
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.  
SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. SSFP2765\_1221



# SILVERSNEAKERS CLASSIC



SilverSneakers® Classic is designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

## CLASS<sup>1</sup> DETAILS

Duration	45-60 minutes
Level	Beginner to intermediate
Equipment	<ul style="list-style-type: none"><li>• Chairs</li><li>• Hand weights</li><li>• Tubing</li><li>• Balls</li></ul>
Music	Upbeat, varies by instructor
Benefits	Improve strength and flexibility

Join us this week!



Always talk with your doctor before starting an exercise program.  
1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.  
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.  
SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. SSFP2765\_1221