SILVERSNEAKERS



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.

Duration Level Equipment Music **Benefits**

45-60 minutes Beginner to intermediate Chairs Hand weights Tubing Upbeat, varies by instructor Improve strength and flexibility

Join us this week!

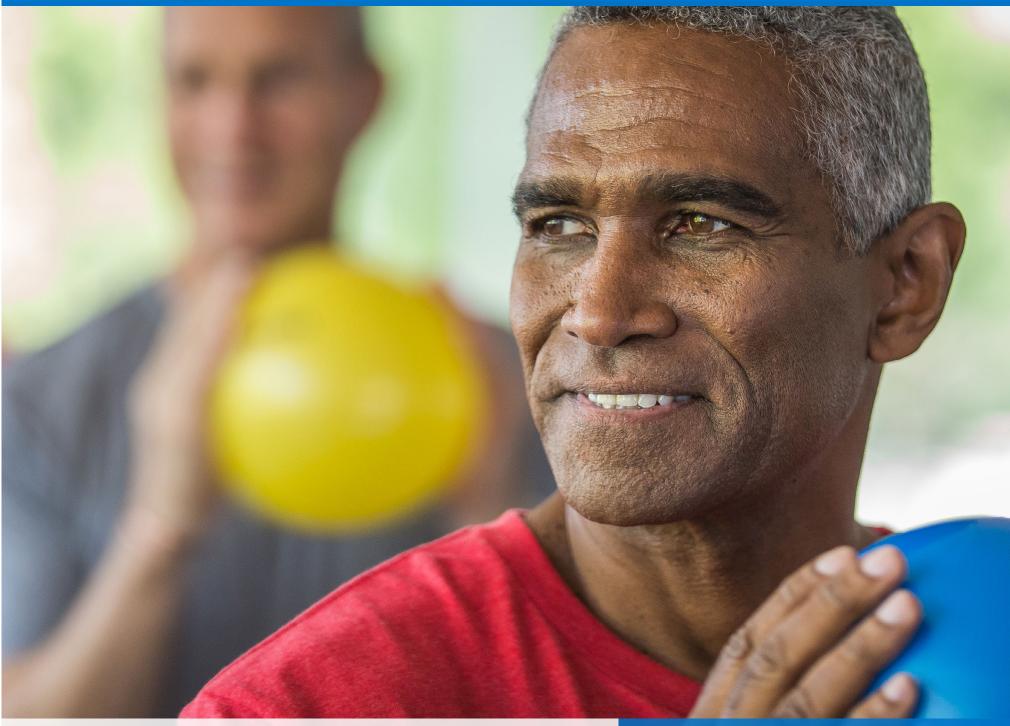




Always talk with your doctor before starting an exercise program.

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

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CLASS DETAIL	Level	Beginner to in
	Equipment	ChairsHand weightTubingBalls
	Music	Upbeat, varies
	Benefits	Improve strer flexibility

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