

SILVER SNEAKERS

Silver Sneakers is the nation's leading exercise program designed exclusively for older adults!

This is a low-impact class which promotes increased strength, flexibility, balance and coordination. Equipment includes resistance band, exercise ball, light weights and a chair. It offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health.

GET FIT, HAVE FUN, MAKE FRIENDS!

www.silversneakers.com